



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Sesame Seeds


These tiny delicious seeds are packed with essential fatty-acids, protein, phytonutrients and many essential vitamins and minerals.



## 2 Five-Spice Beef Stir-Fry

Quick and easy - this beef stir-fry is the ultimate mid-week meal. Served over rice and topped with sesame seeds and fried shallots for extra crunch!

 20 minutes

 2 servings

 Beef

14 September 2020

## FROM YOUR BOX

BASMATI RICE	150g
RED ONION	1/2 *
PAK CHOY	2 bulbs
CARROT	1
RED PAPRIKA	1
BEEF STIR-FRY STRIPS	300g
FRIED SHALLOTS/SESAME SEEDS	1 packet (30g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, Chinese five spice, cornflour, sugar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

**No beef option** - beef stir-fry strips are replaced with chicken stir-fry strips. Increase cooking time to 4-5 minutes or until cooked through.

**Veg option** - beef stir-fry strips are replaced with 1 packet baby oyster mushrooms and 60g cashew nuts. Cook mushrooms and cashews together with remaining vegetables at step 5.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. MAKE THE SAUCE

Whisk to combine 1/2 tbsp sugar, 1/2 tbsp cornflour, 2 tbsp soy sauce, 1 tsp Chinese five spice and 1/2 cup water in a bowl. Season with pepper.



### 3. PREP THE VEGETABLES

Wedge red onion, trim and roughly chop pak choy and paprika. Thinly slice carrot.



### 4. COOK THE BEEF

Heat a large pan or wok with oil over high heat. Cook beef for 2 minutes, or until browned. Set aside on a plate, keep pan over medium-high heat.



### 5. ADD SAUCE & RETURN BEEF

Add vegetables to frypan with more oil if needed. Stir-fry for 3-4 minutes. Add sauce and simmer for 3 minutes then return beef to warm through.



### 6. FINISH AND SERVE

Adjust seasoning to taste with pepper and soy sauce.

Serve beef stir-fry over rice and drizzle with pan sauces. Top with sesame seed and fried shallot mix.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

