

DINNERLY

Crispy Sesame Beef with Broccoli and Rice



20-30 minutes



2 Servings

WHAT WE SEND

- 5g sesame seed mix ¹¹
- beef stir-fry
- 10g corn flour ¹⁷
- 1 carrot
- 150g jasmine rice
- 1 head broccoli

WHAT YOU NEED

- chilli flakes
- garlic clove
- soy sauce ⁶
- sugar
- vegetable oil
- white vinegar

TOOLS

- large frypan
- slotted spoon
- small saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 735kcal, Fat 22.6g, Carbs 74.7g, Proteins 53.1g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prep ingredients

Meanwhile, crush or finely chop **1 garlic clove**. Cut the **spring onion** into 2cm lengths. Trim the **broccoli**, then cut the stem into 1cm chunks and the head into small florets. Combine the garlic, **2 tbs soy sauce**, **3 tsp sugar**, **1 tbs white vinegar** and $\frac{1}{8}$ **tsp chilli flakes**, if using, in a small bowl.



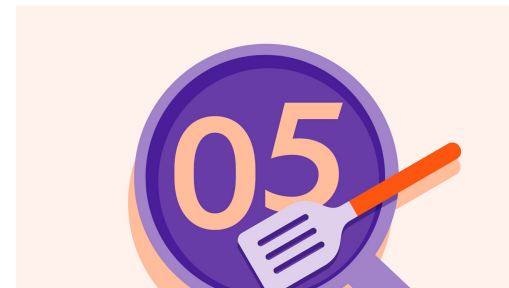
3. Coat beef

Separate the **beef stir-fry**. Put the beef and **cornflour** in a large bowl, season with **salt and pepper** and toss to coat. Put **1 tsp sesame blend** in a separate large bowl.



4. Stir-fry beef

Heat **2 tbs vegetable oil** in a large frypan over high heat. Stir-fry the **beef** for 2-3 mins until browned and crisp. Add the beef to the sesame seeds using a slotted spoon, season with **salt and pepper** and toss to coat.



5. Serve up

Heat the same pan over medium-high heat. Stir-fry the **broccoli** and **spring onion** for 1 min. Add the **sauce mixture** and cook for 2-3 mins until the broccoli is tender. Remove the pan from the heat. Divide the **rice**, **beef** and **broccoli** among bowls, drizzle over any sauce and enjoy.



6. Kitchen 101

Coating beef in cornflour...