

DINNERLY



Steak Fried Rice with Green Beans & Scallions



20-30min



2 Servings

Gentle reminder that big dinner energy does exist. The proof is in this steak fried rice with tender beef strips, aromatic scallions and garlic, green beans, and crispy rice tossed in a homemade teriyaki sauce. We've got you covered!

WHAT WE SEND

- ½ lb pkg beef strips
- 2 oz tamari ⁶
- 5 oz jasmine rice
- ½ lb green beans
- 1 oz scallions
- ¼ oz pkt toasted sesame seeds ¹¹

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- sugar
- white wine vinegar (or apple cider vinegar) ¹⁷
- neutral oil

TOOLS

- medium saucepan
- fine-mesh sieve
- medium nonstick skillet

ALLERGENS

Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 700kcal, Fat 32g, Carbs 72g, Proteins 33g



1. Prep beef & rice

In a medium bowl, stir to coat **beef** with **1 tablespoon tamari**. Set aside to marinate until step 3.

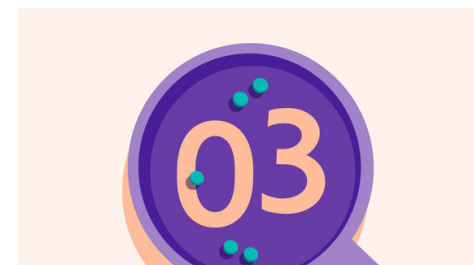
Bring a medium saucepan of **salted water** to a boil over high. Add **rice** and cook (like pasta!), stirring occasionally, until tender, about 17 minutes. Drain rice in a fine-mesh sieve, rinse under cold water, and drain well again. Transfer to a paper towel-lined plate to cool and dry.



2. Prep veggies & teriyaki

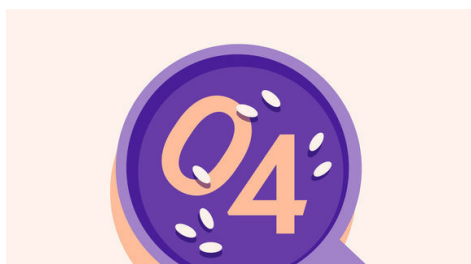
While **rice** cooks, finely chop **1 teaspoon garlic**. Trim ends from **green beans**, then cut into 1-inch pieces. Trim ends from **scallions**, then thinly slice.

In a small bowl, whisk to combine **chopped garlic**, **remaining tamari**, and **2 teaspoons each of sugar and vinegar** until sugar dissolves; set aside for step 5.



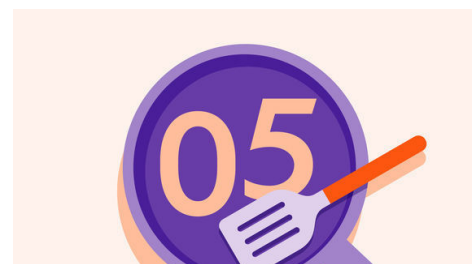
3. Cook beef

Heat ½ **tablespoons oil** in a medium nonstick skillet over high. Using a slotted spoon, transfer **beef** to skillet, discarding remaining marinade in bowl. Cook, without stirring, until well browned on the bottom, about 3 minutes. Stir and continue to cook until cooked through, about 2 more minutes. Transfer to a medium bowl. Wipe out skillet.



4. Cook green beans

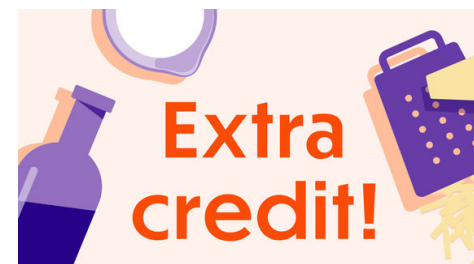
Heat **1 tablespoon oil** in same skillet over medium-high. Add **green beans** and cook, stirring occasionally, until crisp-tender, 3–4 minutes. Add **half each of the scallions and sesame seeds**; cook, stirring occasionally, until fragrant, about 30 seconds. Transfer to bowl with **beef**.



5. Fry rice & serve

In same skillet, combine **tamari mixture, rice**, and **1 tablespoon oil**; cook over high heat, pressing down and tossing occasionally, until rice is crisp all over and coated in sauce, 2–3 minutes. Return **beef and green beans** to skillet. Cook, stirring, until warmed through, about 1 minute.

Serve **steak fried rice** garnished with **remaining scallions and sesame seeds**. Enjoy!



6. Make it ahead!

Making your rice a day ahead not only speeds up this already speedy dinner, but allows for optimal crispness when stir-frying. Because cooked rice dries out as it sits, using rice that's a day or two old reduces your chances of ending up with fried rice that is wet and sticky. Be sure to keep leftover rice cold in the fridge, and rub between your fingers before cooking to break up any clumps.