

# DINNERLY



## Sesame-Ginger Beef with Green Beans & Jasmine Rice



20-30min



2 Servings

Wanna get sesame-ginger beef on the table in 30 minutes or less? No, we're not talking \$25 on takeout. We're talking homemade for a fraction of the cost. We've got you covered!

### WHAT WE SEND

- 5 oz pkg jasmine rice
- 1 oz fresh ginger
- garlic
- 4 oz pkg green beans
- 10 oz pkg grass-fed ground beef
- 1 pkt teriyaki sauce <sup>1,2</sup>
- ¼ oz pkt toasted sesame seeds <sup>3</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

### TOOLS

- small saucepan
- medium skillet

### ALLERGENS

Soy (1), Wheat (2), Sesame (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

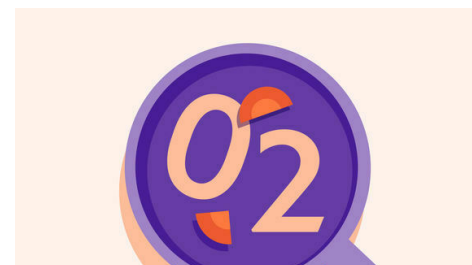
### NUTRITION PER SERVING

Calories 810kcal, Fat 43g, Carbs 74g, Protein 32g



#### 1. Cook rice

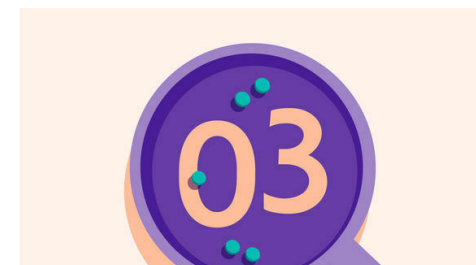
In a small saucepan, combine **1¼ cups water, rice,** and **½ teaspoon salt**; bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 15 minutes. Remove from heat and keep covered until ready to serve.



#### 2. Prep ingredients

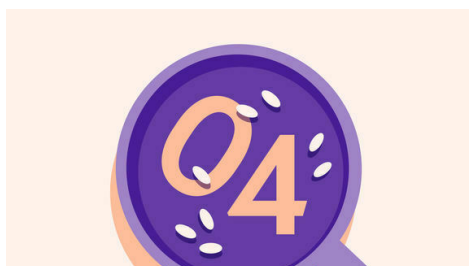
Peel and finely chop **2 teaspoons each of ginger and garlic**, keeping them separate.

Trim ends from **green beans**, then cut crosswise into 1-inch pieces.



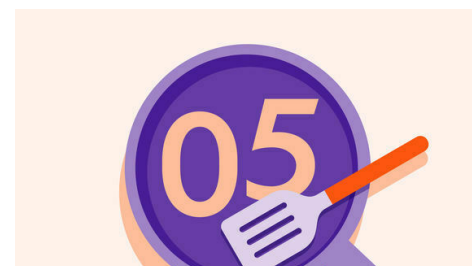
#### 3. Stir-fry green beans

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **green beans** and season with **a pinch each of salt and pepper**. Cook, stirring occasionally, until crisp-tender and browned in spots, 2–3 minutes. Transfer to a plate.



#### 4. Stir-fry beef

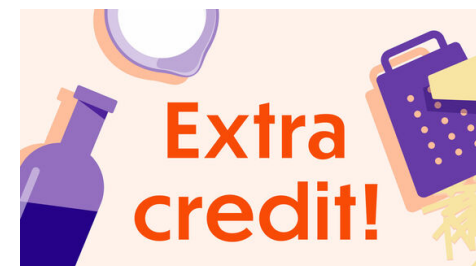
Heat **1 tablespoon oil** in same skillet over medium-high. Add **ground beef** and **chopped ginger**. Cook, breaking up into smaller pieces, until browned all over and cooked through, about 5 minutes. Stir in **chopped garlic**; cook until fragrant, about 30 seconds. Add **teriyaki sauce** and **2 tablespoons water**, stirring to coat beef, about 30 seconds.



#### 5. Finish & serve

To skillet with **beef**, add **green beans** and toss to combine. Stir in **half of the sesame seeds**. Cook until green beans are warmed through, about 1 minute. Season to taste with **salt and pepper**. Fluff **rice** with a fork.

Serve **sesame-ginger beef and green beans over rice**. Garnish with **remaining sesame seeds**. Enjoy!



#### 6. Bring the heat!

Make it spicy and add some Sriracha, sambal oelek, or chili garlic sauce to the stir-fry in step 5.