

DINNERLY



Make It Carb Conscious

Beef & Green Bean Stir-Fry



20-30min



2 Servings

| We made this recipe carb conscious by customizing with brown rice.

WHAT WE SEND

- 5 oz quick-cooking brown rice
- ½ lb green beans
- 10 oz pkg grass-fed ground beef
- 2 oz teriyaki sauce ^{2,1}
- ½ oz fried shallots ²

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- all-purpose flour ¹

TOOLS

- small saucepan
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 670kcal, Fat 19g, Carbs 69g, Protein 39g



1. Cook rice

Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve and transfer back to saucepan. Cover to keep warm until ready to serve.



2. Prep garlic & green beans

Finely chop **1 teaspoon garlic**.

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



3. Cook green beans

Heat **1 tablespoon oil** in a medium skillet over medium-high until shimmering. Add **green beans** and **a pinch each of salt and pepper**. Cook until green beans are tender and browned in spots, 4–5 minutes. Transfer to a bowl; set aside until step 5.



4. Brown ground beef

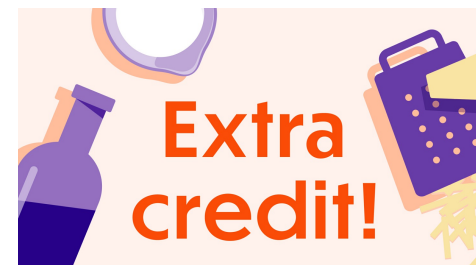
Heat **2 teaspoons oil** in same skillet over medium-high. Add **ground beef, chopped garlic, 1 tablespoon flour, and a pinch each of salt and pepper**. Cook, stirring and breaking up meat into smaller pieces, until browned, 3–4 minutes. Carefully pour off **all but 2 teaspoons of oil**, if necessary.



5. Finish & serve

To skillet with **beef**, add **teriyaki sauce, green beans, and 3 tablespoons water**; cook, stirring, until sauce coats broccoli and beef, about 1 minute. Remove from heat. Season with **a few grinds of pepper**. Fluff **rice** with a fork.

Serve **beef and green bean stir-fry** over **rice** with **fried shallots** sprinkled over top. Enjoy!



6. Spice it up!

Add a bit of gochujang, sambal oelek, or chili garlic sauce to the stir-fry in step 5 for an added hit of heat.