

DINNERLY



Make it Carb Conscious

Beef & Green Bean Stir-Fry



20-30min



2 Servings

| We made this recipe carb conscious by customizing with cauliflower.

WHAT WE SEND

- ½ lb green beans
- 10 oz pkg grass-fed ground beef
- 2 oz teriyaki sauce ^{2,1}
- ½ oz fried shallots ²
- 1 head cauliflower

WHAT YOU NEED

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

TOOLS

- medium nonstick skillet
- small saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 440kcal, Fat 17g, Carbs 23g, Protein 37g



1. Prep ingredients

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

Holding the stem end, grate **one half of the cauliflower** (save rest for own use) on the slicing part of a box grater, creating small bits that resemble rice; measure out 4 cups of the cauliflower rice. (Alternatively, cut cauliflower into florets and pulse in food processor until riced.)



2. Cook cauliflower rice

Heat **2 tablespoons oil** in a large nonstick skillet over medium-high. Add **cauliflower rice** and cook, stirring occasionally, until just tender, 2–3 minutes. Season to taste with **salt** and **pepper**. Cover to keep warm until ready to serve.



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 **cauliflower 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.