

DINNERLY



Beef Stir-Fry with Ready-to-Heat Rice & Green Beans

This version of the recipe is customized with ready-to-heat white rice.



20-30min



2 Servings

WHAT WE SEND

- ½ lb green beans
- 10 oz pkg grass-fed ground beef
- 2 oz teriyaki sauce ^{1,6}
- ¼ oz pkt toasted sesame seeds ¹¹
- 10 oz ready to heat jasmine rice

WHAT YOU NEED

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

TOOLS

- medium nonstick skillet

ALLERGENS

Wheat (1), Soy (6), Sesame (11). 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. Cook rice

Heat **1 teaspoon oil** in a medium nonstick skillet over medium. Add **rice** and **2 teaspoons water**. Cook, stirring occasionally, until warm, 3–5 minutes. Transfer to a bowl; cover and set aside for serving. Wipe out skillet and reserve for step 3.



2. Prep garlic & green beans

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



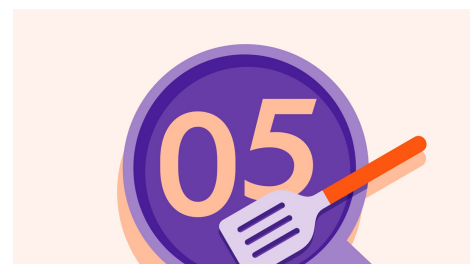
3. Cook green beans

Heat **1 tablespoon oil** in reserved 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, 3–4 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 green beans 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 **sesame seeds** 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.