

DINNERLY



Beef & Green Bean Stir-Fry with Rice & Toasted Sesame Seeds



20-30min



2 Servings

Tbh, stir-fry dinners help get us out of bed in the morning. There's nothing like the promise of a quick and flavorful meal that takes you out of your weeknight cooking rut, while also scratching that craveable take-out itch. This one includes grass-fed ground beef, snappy green beans, sweet teriyaki sauce, and crunchy, toasted sesame seeds. Is it dinnertime yet?? We've got you covered!

WHAT WE SEND

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

WHAT YOU NEED

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

TOOLS

- small saucepan
- medium 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 660kcal, Fat 24g, Carbs 72g, Protein 37g



1. Cook rice

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Remove from heat; cover to keep warm until ready to serve.



2. Prep garlic & green beans

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



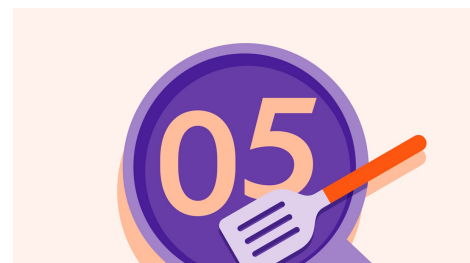
3. Cook green beans

Heat **1 tablespoon oil** in 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, 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.