

DINNERLY



Teriyaki Beef Bowl with Green Beans & Rice



ca. 20min



2 Servings

Step away from the phone—whatever you do, do NOT place that order for takeout! We have the stir-fried beef and green beans you're about to order right here. And it'll be on your table in less time than that delivery. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 2 scallions
- ½ lb green beans
- 10 oz pkg grass-fed ground beef
- 2 oz teriyaki sauce ¹⁶

WHAT YOU NEED

- kosher salt
- neutral oil

TOOLS

- small saucepan
- large nonstick skillet

ALLERGENS

Wheat (1), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 700kcal, Fat 23g, Carbs 70g, Protein 36g



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 heat until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



2. Prep veggies

While **rice** cooks, trim ends from **scallions**; cut **scallion whites** into 1-inch pieces. Thinly slice **scallion greens** on an angle; set aside for serving.

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



3. Sauté green beans

Heat **1 tablespoon oil** in large nonstick skillet over high. Add **scallion whites** and **green beans**; cook, stirring frequently, until browned in spots, about 3 minutes. Season to taste with **salt**. Transfer to a bowl and wipe out skillet.



4. Brown beef

Heat same skillet over medium-high and add **ground beef**; season with **salt**. Cook, breaking up meat into smaller pieces, until browned, 4–5 minutes. Discard **any fat** in skillet.



5. Finish & serve

To skillet with **beef**, return **green bean mixture** along with **teriyaki sauce**. Cook until beef is cooked through and sauce is reduced by half, about 2 minutes. Fluff **rice** with a fork.

Serve **teriyaki beef and green beans** over **rice** with **scallion greens** sprinkled over top. Enjoy!



6. Take it to the next level

Add a big hit of crunch with a sprinkle of toasted sesame seeds, chopped peanuts, or cashews.