

# DINNERLY



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



40-50min



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 brown rice
- ½ lb green beans
- 10 oz pkg grass-fed ground beef
- 2 oz teriyaki sauce <sup>1,3</sup>
- ¼ oz pkt toasted sesame seeds <sup>2</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- all-purpose flour <sup>1</sup>

## TOOLS

- small saucepan
- medium skillet

## ALLERGENS

Wheat (1), Sesame (2), Soy (3). 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



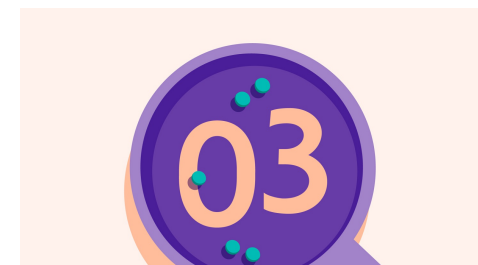
### 1. BROWN RICE VARIATION

Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, 35–40 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered 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.



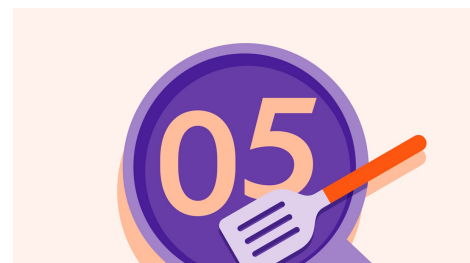
### 3. Cook green beans

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

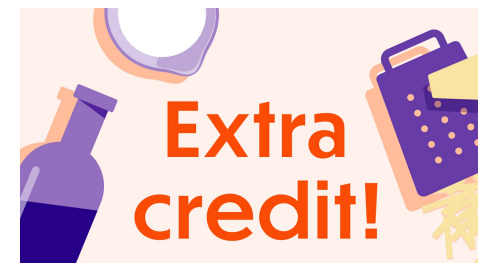
Heat **2 teaspoons oil** in same skillet over medium-high. Add **ground beef**, **chopped garlic**, **1 tablespoon flour**, and **a pinch each of salt and pepper**. Cook, stirring and breaking up meat into smaller pieces, until browned, 3–4 minutes. Carefully pour off **all but 2 teaspoons of oil**,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

Serve **beef and green bean stir-fry** over **brown 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.