

# 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

- 12 oz cauliflower rice
- 2 scallions
- ½ lb green beans
- 10 oz pkg grass-fed ground beef
- 2 oz teriyaki sauce <sup>16</sup>

### WHAT YOU NEED

- kosher salt
- neutral oil

### TOOLS

- medium nonstick skillet
- large nonstick skillet

### ALLERGENS

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

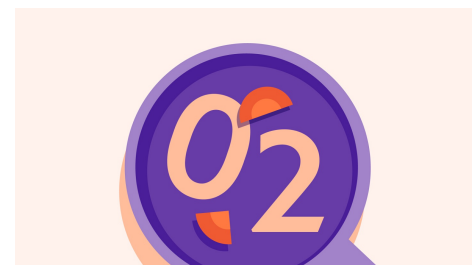
### NUTRITION PER SERVING

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



#### 1. CAULI RICE VARIATION

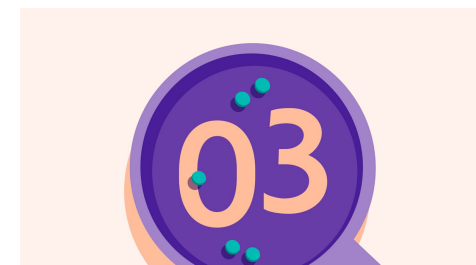
Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Transfer to a bowl; cover and set aside.



#### 2. Prep veggies

While **cauliflower 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.



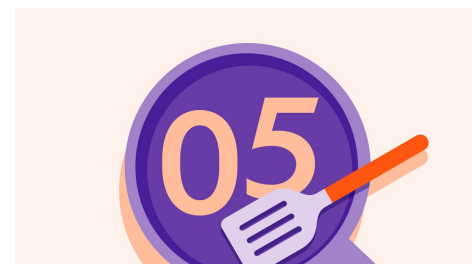
#### 3. Sauté green beans

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 **cauliflower 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.