

# DINNERLY



## Sesame Teriyaki Beef with Jasmine Rice



20-30min



2 Servings

This simple main dish is secretly a flavor powerhouse. Ground beef and a fluffy bed of rice just needs some sticky, savory teriyaki sauce, scallions, and toasted sesame seeds to be instantly iconic. Make it a meal by adding steamed or sautéed veggies like broccoli, carrots, or green beans, or pile it onto lettuce leaves to make a quick wrap! We've got you covered!

## WHAT WE SEND

- 5 oz jasmine rice
- 2 scallions
- 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
- neutral oil

## 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 690kcal, Fat 24g, Carbs 65g, Protein 35g



### 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 liquid is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



### 2. Cook beef

Trim **scallions**; thinly slice, keeping dark greens separate.

In a medium skillet, heat **1 tablespoon oil** over high. Add **beef**; cook, breaking up into smaller pieces, until browned, 4–5 minutes. Add **scallion whites and light greens**; cook, stirring, until fragrant, about 1 minute.



### 3. Add sauce & serve

Add **teriyaki sauce**; cook, scraping up browned bits from bottom of skillet, until **beef** is shiny and glazed, about 1 minute. Off heat, stir in **sesame seeds**. Season to taste with **salt** and **pepper**. Fluff **rice** with a fork.

Serve **teriyaki beef** over **rice** with **scallion dark greens** sprinkled over top. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!