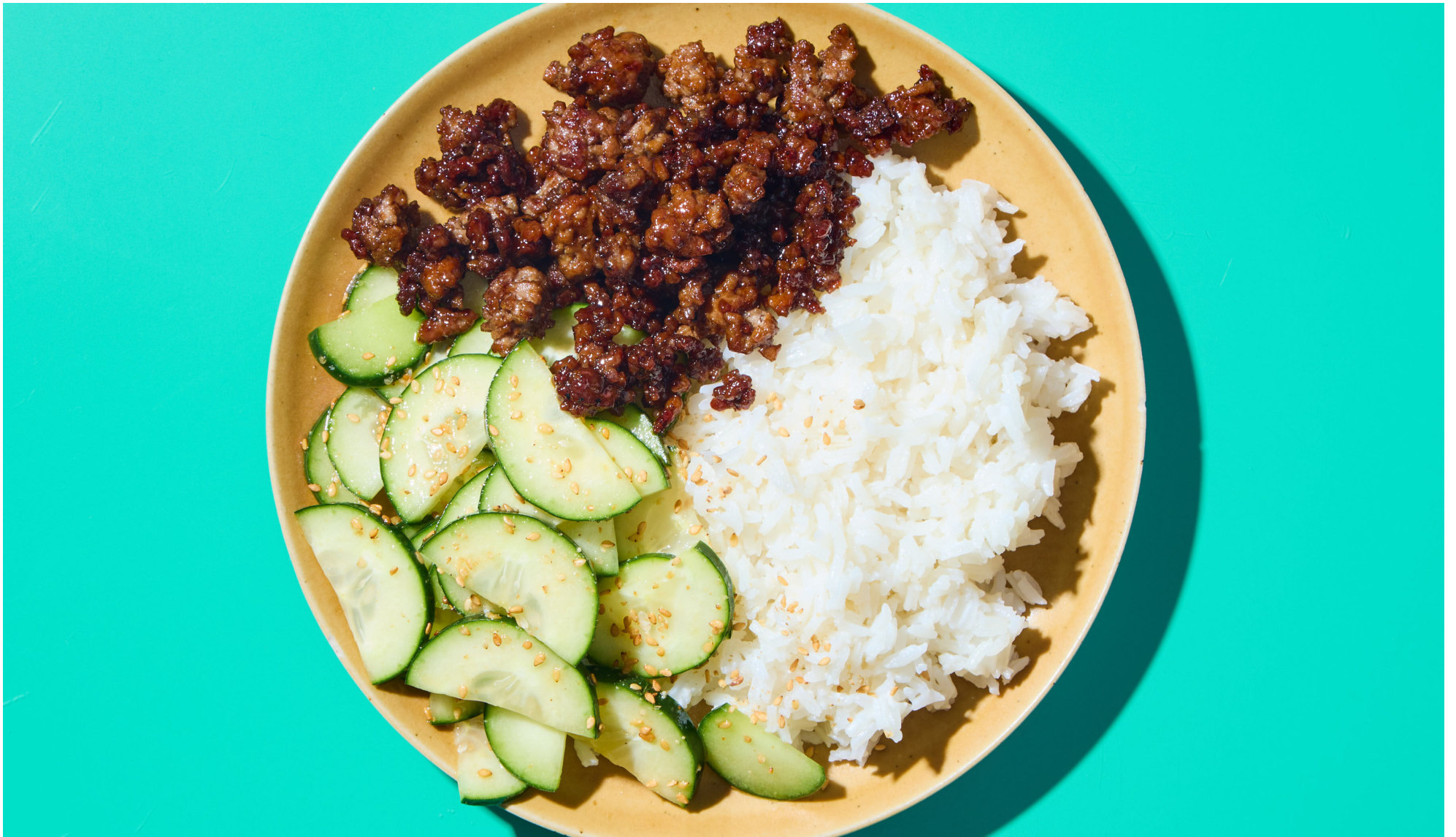


DINNERLY



Teriyaki Beef with Coconut Brown Rice & Sesame-Cucumber Salad



40-50min



2 Servings

This deceptively simple looking dish is hiding a whole lotta flavor. Ground beef cooks in our sweet and savory teriyaki sauce while cucumbers marinate in sesame oil and vinegar. Hearty brown rice steams in coconut milk for a creamy, fragrant touch. We've got you covered!

WHAT WE SEND

- 5 oz brown rice
- 2 (¾ oz) coconut milk powder ^{7,15}
- 1 cucumber
- ¼ oz pkt toasted sesame seeds ¹¹
- ½ oz toasted sesame oil ¹¹
- 2 oz teriyaki sauce ^{1,6}
- 10 oz pkg grass-fed ground beef

WHAT YOU NEED

- sugar
- kosher salt & ground pepper
- apple cider vinegar
- neutral oil

TOOLS

- small saucepan
- medium skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 790kcal, Fat 33g, Carbs 71g, Protein 38g



1. BROWN RICE VARIATION

Bring a small saucepan of **salted water** to a boil. Add **rice** to boiling water and boil (like pasta), stirring occasionally, 35–40 minutes. Drain rice in a fine-mesh sieve and return to pot.

Add **coconut milk powder** and ½ **teaspoon sugar** and stir with a fork to combine. Cover to keep warm and set aside until step 5.



2. Marinate cucumbers

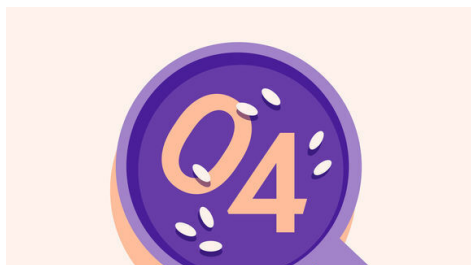
Halve **cucumber** lengthwise. Scoop out seeds if desired, then thinly slice on an angle. Crush **sesame seeds** in packet with a rolling pin or heavy skillet.

In a medium bowl, stir to combine **sesame oil**, 2½ **teaspoons vinegar**, and a **pinch of sugar**. Add cucumbers and sesame seeds, tossing to combine. Season to taste with **salt** and **pepper**.



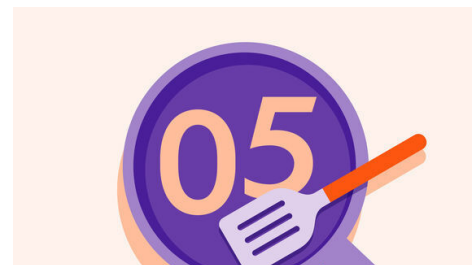
3. Cook beef

Heat 1 **teaspoon neutral oil** in a medium skillet over medium-high. Add **beef** and cook, breaking up into smaller pieces, until well browned and cooked through, 5–7 minutes. Drain excess fat, if desired.



4. Make sauce

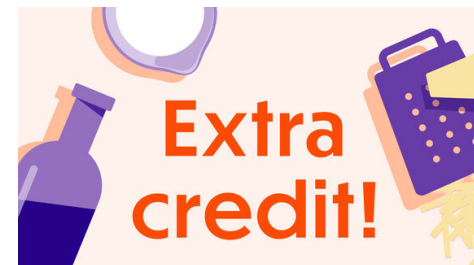
Reduce heat to medium and add 3 **tablespoons water**. Bring to a simmer, scraping up any browned bits from bottom of skillet. Add **teriyaki sauce** and ½ **teaspoon vinegar**. Cook, stirring, until beef is coated and slightly caramelized, 1–2 minutes. Season to taste with **salt** and **pepper**. Thin sauce with 1 **tablespoon water** at a time, if desired.



5. Finish & serve

Fluff **rice** with a fork and season to taste with **salt**.

Serve **teriyaki beef** over **coconut rice** with **cucumber salad** alongside. Enjoy!



6. Check us out!

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