

DINNERLY



Orange Beef & Brown Rice with Snow Peas



40-50min



2 Servings

Knock knock. Who's there? Orange. Orange who? Orange beef stir-fry with snow peas and steamed brown rice. We promise this recipe is better than our jokes. We've got you covered!

WHAT WE SEND

- 5 oz brown rice
- 4 oz snow peas
- 1 oz fresh ginger
- 1 orange
- 3 oz stir-fry sauce ^{1,2}
- 10 oz pkg grass-fed ground beef

WHAT YOU NEED

- white wine vinegar (or red wine vinegar)
- kosher salt & ground pepper
- neutral oil

TOOLS

- small saucepan
- medium nonstick skillet

ALLERGENS

Soy (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 750kcal, Fat 27g, Carbs 75g, Protein 37g



1. Cook brown rice

Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 35–40 minutes. Drain rice in a fine-mesh sieve and set aside for serving.



2. Prep ingredients & sauce

Trim stem ends from **snow peas**, then cut crosswise in half. Peel and finely chop **1½ tablespoons ginger**. Using a vegetable peeler, peel **4 (1-inch-wide) zest strips** from orange.

Squeeze **3 tablespoons orange juice** into a medium bowl. Add **stir-fry sauce**, **2 teaspoons vinegar**, and **¼ cup water** to bowl, stirring to combine; set aside until step 5.



3. Stir-fry snow peas

While **rice** cooks, heat **1 teaspoon oil** in a medium nonstick skillet over high. Add **snow peas** and a **pinch of salt**; cook, stirring, until crisp-tender and browned in spots, 1–2 minutes. Transfer to a bowl; set aside until step 5. Wipe out skillet.



4. Brown beef

Add **chopped ginger** and **1 tablespoon oil** to same skillet and cook over medium-high until fragrant, about 30 seconds. Add **beef** and cook, breaking up meat into smaller pieces, until browned all over, 3–5 minutes. Add **zest strips**; cook, stirring, until orange is fragrant and beginning to soften, about 2 minutes.



5. Finish & serve

Stir in **orange sauce** and cook, scraping up any browned bits from the bottom, until reduced and slightly thickened, 2–3 minutes. Add **snow peas**, tossing to combine; season with **salt** and **pepper**. Fluff **rice** with a fork.

Serve **orange beef stir-fry** over **rice** (remove orange zest if desired). Enjoy!



6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are $\frac{1}{3}$ lower when cooking with meal kits.