

DINNERLY



Teriyaki Beef with Coconut Cauliflower Rice

& Sesame-Cucumber Salad



ca. 20min



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. Low-carb cauliflower rice cooks in coconut milk for a creamy, fragrant touch. We've got you covered!

WHAT WE SEND

- 2 (¾ oz) coconut milk powder ^{2,5}
- 12 oz cauliflower rice
- 1 cucumber
- ¼ oz pkt toasted sesame seeds ³
- ½ oz toasted sesame oil ³
- 2 oz teriyaki sauce ^{1,4}
- 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), Milk (2), Sesame (3), Soy (4), Tree Nuts (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 570kcal, Fat 32g, Carbs 25g, Protein 37g



1. CAULI RICE VARIATION

In a small saucepan, whisk to combine ¼ **cup hot tap water**, **coconut milk powder**, and **1 teaspoon each of sugar and salt**.

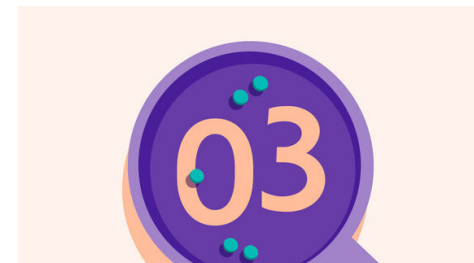
Place saucepan over high heat, add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt and pepper**. Transfer to a bowl; cover and set aside.



2. Marinate cucumbers

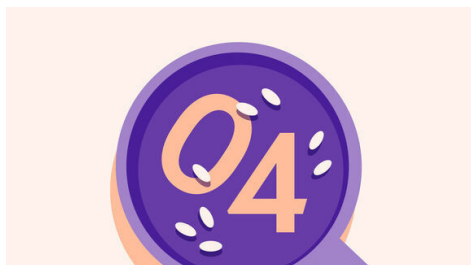
Halve **cucumber** lengthwise. Scoop out seeds if desired, then thinly slice on an angle. Crush **sesame seeds** in packet with a rolling pin or heavy skillet.

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**.



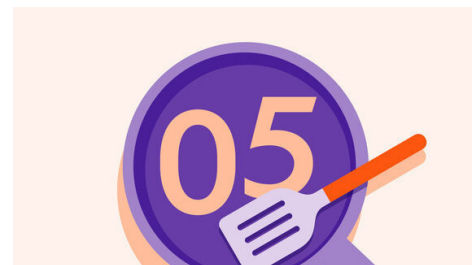
3. Cook beef

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

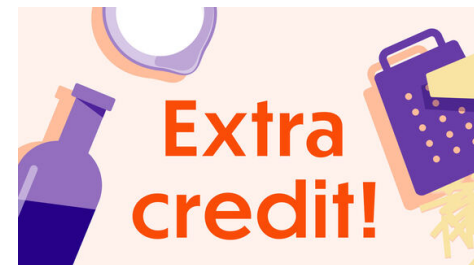
Reduce heat to medium and add **3 tablespoons water**. Bring to a simmer, scraping up any browned bits from bottom of skillet. Add **teriyaki sauce** and ½ **teaspoon vinegar**. Cook, stirring, until beef is coated and slightly caramelized, 1–2 minutes. Season to taste with **salt and pepper**. Thin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



5. Finish & serve

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

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



6. Check us out!

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