

DINNERLY



Beef & Green Bean Stir-Fry with Quinoa & Toasted Sesame Seeds



20-30min



2 Servings

Tbh, stir-fry dinners help get us out of bed in the morning. There's nothing like the promise of a quick and flavorful meal that takes you out of your weeknight cooking rut, while also scratching that craveable take-out itch. This one includes grass-fed ground beef, snappy green beans, sweet teriyaki sauce, and crunchy, toasted sesame seeds. Is it dinnertime yet?? We've got you covered!

WHAT WE SEND

- 3 oz white quinoa
- ½ lb green beans
- 10 oz pkg grass-fed ground beef
- 2 oz teriyaki sauce ^{2,3}
- ¼ oz pkt toasted sesame seeds ¹

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- all-purpose flour ³

TOOLS

- small saucepan
- medium skillet

ALLERGENS

Sesame (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 560kcal, Fat 20g, Carbs 43g, Protein 39g



1. QUINOA VARIATION

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15–20 minutes. Keep covered off heat until ready to serve.



2. Prep garlic & green beans

Finely chop **1 teaspoon garlic**. Trim or snap stem ends from **green beans**, then cut into 1-inch pieces.



3. Cook green beans

Heat **1 tablespoon oil** in a medium skillet over medium-high until shimmering. Add **green beans** and **a pinch each of salt and pepper**. Cook until green beans are tender and browned in spots, 3–4 minutes. Transfer to a bowl; set aside until step 5.



4. Brown ground beef

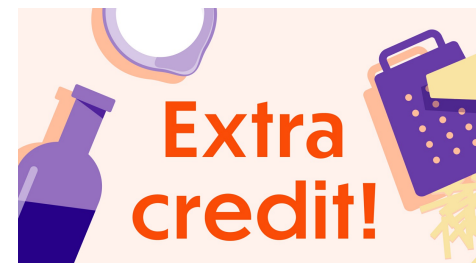
Heat **2 teaspoons oil** in same skillet over medium-high. Add **ground beef**, **chopped garlic**, **1 tablespoon flour**, and **a pinch each of salt and pepper**. Cook, stirring and breaking up meat into smaller pieces, until browned, 3–4 minutes. Carefully pour off **all but 2 teaspoons of oil**, if necessary.



5. Finish & serve

To skillet with **beef**, add **teriyaki sauce**, **green beans**, and **3 tablespoons water**; cook, stirring, until sauce coats green beans and beef, about 1 minute. Remove from heat. Season with **a few grinds of pepper**. Fluff **quinoa** with a fork.

Serve **beef and green bean stir-fry** over **quinoa** with **sesame seeds** sprinkled over top. Enjoy!



6. Spice it up!

Add a bit of gochujang, sambal oelek, or chili garlic sauce to the stir-fry in step 5 for an added hit of heat.