

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 ^{1,2}
- ¼ oz pkt toasted sesame seeds ³

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

- small saucepan
- medium skillet

ALLERGENS

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

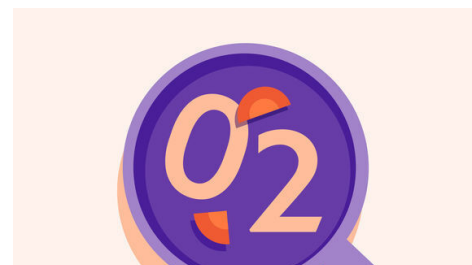
NUTRITION PER SERVING

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



1. Cook rice

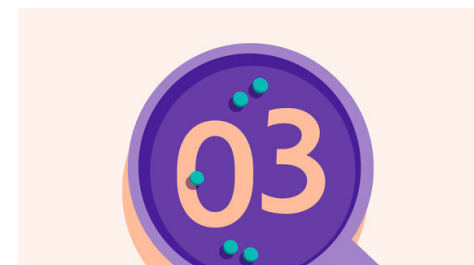
In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



2. Cook beef

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

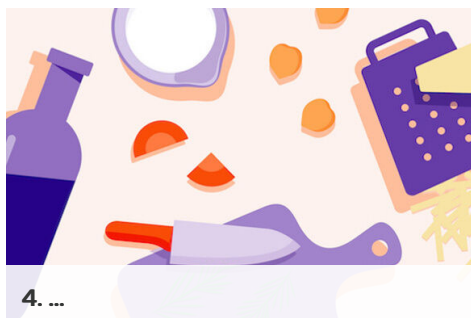
In a medium skillet, heat **1 tablespoon oil** over high. Add **beef**; cook, breaking up into smaller pieces, until browned, 4–5 minutes. Add **scallion whites and light greens**; cook, stirring, until fragrant, about 1 minute.



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!