

Ginger Sesame Beef Filet with Asian Rice

Cooking Instructions

This dish has 2 parts: Beef and Asian Rice.

QuickThaw Beef: Submerge well-sealed package in water for 10–15 minutes.

Rice Pilaf: In a small saucepan, add frozen rice mixture and 1 1/2 cups water. Bring to a boil. Stir to mix well. Cover tightly, reduce heat, and simmer for 15–20 minutes. Fluff with a fork and serve.

Beef Cooking Method – Choose One:

Thawed to Grill — Best: Grill over medium to medium-high heat to desired doneness.

Thawed to Oven: Bake at 375°F, uncovered, for approximately 20–45 minutes, to desired doneness.

Internal temp: 145°F or higher.

Serving Suggestions: Serve with the Asian Rice Pilaf, sautéed asparagus, and mashed potatoes. Shiraz.

Please Note: Cooking times are estimates and vary based on actual oven/stovetop/crockpot used, item thickness, and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers — they are inexpensive, convenient, and very easy to use.



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