

DUMP, SWIRL, START, WALK AWAY

A low-effort rice-cooker meal • Philly shaved beef & rice

The whole idea: add your protein, rice, vegetables, seasoning and sauce. Give it a gentle swirl. Press start. Come back when the cooker finishes.

THE BASIC VERSION

Use your rice cooker's usual rice-and-water proportions. This recipe is flexible; follow the cooker's manual for the rice type and liquid amount, and don't fill above its maximum line.

What to dump in

BASE	Rice + the amount of water or broth your cooker normally needs
PROTEIN	A portion of very thinly shaved Philly-style beef (not thick steak pieces)
VEG	Frozen mixed vegetables, frozen peppers and onions, or another easy vegetable
FLAVOUR	Your favourite seasoning blend, plus a little sauce such as soy sauce or a suitable stir-fry sauce
OPTIONAL TOP	A sliced tomato on top, if you have one and feel like it

How to do it

- 1. Dump.** Add rice, the correct amount of water or broth, vegetables, seasoning and sauce. Add the very thinly shaved beef, spreading the strands out rather than leaving them in one tight clump.
- 2. Swirl.** Give everything a gentle stir or swirl so the ingredients are distributed. Keep within the cooker's fill line.
- 3. Start.** Close the lid and use the normal rice cycle. Let the cooker do its thing.
- 4. Check before eating.** When the cycle finishes, check that the rice is cooked and the beef is fully cooked through. If anything is undercooked, don't eat it yet. Follow your cooker's instructions for cooking meat; use a food thermometer if available. If the cooker's rice cycle isn't suitable for raw beef, use a fully cooked protein instead.

When you need an even easier protein

Use what you already have: shredded rotisserie chicken, canned chicken, canned tuna or canned salmon. Drain canned fish or chicken first, and add it near the end or after cooking if you prefer it warmed through without breaking apart. These are handy options when you don't have the energy to handle raw meat.

OPTIONAL: THE EXTRA-CAPACITY UPGRADE

If you have more time and energy, marinate the very thin Philly shaved beef ahead of time in a little of your chosen sauce and seasoning, then refrigerate it until cooking. This is completely optional—not a step the basic recipe depends on. Keep raw beef refrigerated while it marinates, and don't reuse marinade that touched raw meat unless it's brought to a safe boil.

Keep it easy: Frozen vegetables, ready-made sauce and pre-shaved beef are shortcuts, not cheating. Use the ingredients you have and skip optional steps on low-capacity days.

A flexible starting point for your rice cooker. Appliance models and cycle times vary; use your manual's guidance for rice, liquids, meat and maximum fill.