



YAKITORI-STYLE STEAK SKEWERS

with Soy Butter Broccoli & Mushrooms over Sesame Rice

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



8 oz | 16 oz
Broccoli Florets



4 oz | 8 oz
Button Mushrooms



1 | 2
Lemon



2 | 4
Scallions



8 | 16
Wooden Skewers



¾ Cup | 1½ Cups
Jasmine Rice



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



1 tsp | 2 tsp
Garlic Powder



4 TBSP | 8 TBSP
Katsu Sauce
Contains: Soy, Wheat



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame,
Soy, Wheat



2 TBSP | 4 TBSP
Soy Sauce
Contains: Soy, Wheat



10 oz | 20 oz
Bavette Steak



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



*The ingredient you received may be a different color.

HELLO

YAKITORI

Japanese-style skewered meat
with a savory-sweet glaze



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 960



SOAK IT IN

Why do we ask you to soak the skewers in Step 1? A nice water bath helps prevent the wood from burning while the steak cooks in Step 5.

BUST OUT

- Small pot
- Paper towels
- Small pan
- Large pan (or grill pan)
- Baking sheet
- 2 Medium bowls
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Cut **broccoli florets** into bite-size pieces if necessary. Trim and quarter **mushrooms** (skip if your mushrooms are pre-sliced!). Core, deseed, and dice **bell pepper** into ½-inch pieces. Quarter **lemon**. Trim **scallions**, then cut crosswise into ½-inch pieces. Place **skewers** in a shallow dish and cover with water to soak.



4 MAKE SKEWERS

- While veggies roast, pat **steak*** dry with paper towels and cut into ½-inch pieces.
- Carefully thread steak, **scallions**, and **remaining bell pepper** onto **skewers**, alternating ingredients (**you should have 6-8 skewers; 12-16 skewers for 4 servings**). Season generously all over with **salt** and **pepper**.



2 COOK RICE & TOAST SEEDS

- In a small pot, combine **rice, 1¼ cups water (2½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook, covered, until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.
- While rice cooks, heat a small, dry pan over medium-high heat. Add **sesame seeds** and cook, stirring, until golden brown and fragrant, 2-4 minutes. Transfer to a plate.



5 COOK SKEWERS & MIX BUTTER

- Heat a **drizzle of oil** in a large pan (**or grill pan**) over medium-high heat. Working in batches, add **steak skewers** in a single layer and cook until browned and cooked through, 3-5 minutes per side. In the last 2 minutes of cooking, brush a **thin layer of yakitori sauce** onto skewers.
- While skewers cook, place **2 TBSP butter (4 TBSP for 4 servings)** in a second medium microwave-safe bowl. Microwave on high until melted, 25-30 seconds. Add **remaining soy sauce** and **juice from one lemon wedge (two wedges for 4)** and stir to combine.



3 ROAST VEGGIES & MAKE SAUCE

- Toss **broccoli, mushrooms**, and **half the bell pepper** on a baking sheet with a **large drizzle of oil, garlic powder, salt, and pepper**. Roast on top rack until browned and tender, 15-20 minutes. (**For 4 servings, divide veggies between 2 baking sheets; roast on top and middle racks, swapping rack positions halfway through.**)
- Meanwhile, in a medium bowl, combine **katsu sauce, sweet soy glaze, half the soy sauce**, and **juice from one lemon wedge (two wedges for 4)**. Set **yakitori sauce** aside.



6 FINISH & SERVE

- Fluff **rice** with a fork and stir in **sesame seeds**. Season with **salt** and **pepper**. Add **roasted veggies** to bowl with **soy butter** and toss to coat.
- Divide rice between plates. Top with veggies and **steak skewers**. Drizzle with **remaining yakitori sauce**. Serve with **remaining lemon wedges** on the side.

*Steak is fully cooked when internal temperature reaches 145°.