



Everything
But The Chef

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WK15
2015



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Banging Beef Teriyaki

The word teriyaki actually refers to both a type of seasoning, and the way meat is cooked. The secret to preparing this like a pro is giving your beef time to marinate, and a fiercely hot pan. Pros also use chopsticks – but using a spoon for all that lovely sauce is OK too!



Prep: 10 mins

Cook: 10 mins

Total: 20 mins



level 1



lactose
free



Beef Strips



Rice



Garlic



Ginger



Spring Onions



Black Sesame Seeds



Bok Choy



Red Onion

2P	4P	Ingredients
2 tbs	4 tbs	vegetable oil *
1 tbs	2 tbs	honey *
2 tbs	4 tbs	soy *
1 tsp	2 tsp	brown sugar *
300 g	600 g	beef strips
150 g	300 g	rice
2	4	garlic cloves, peeled & sliced ⊕
1 knob	2 knobs	ginger, peeled & sliced
1 bunch	2 bunches	spring onions, roughly sliced ⊕
1/2	1	red onion, sliced ⊕
2 tsp	4 tsp	black sesame seeds
1 bunch	2 bunches	bok choy, roughly chopped

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2600	Kj
Protein	57.8	g
Fat, total	7.4	g
-saturated	2.3	g
Carbohydrate	75.7	g
-sugars	24.3	g

Measuretool

0 cm	1 cm	2 cm



1 In a medium bowl whisk together the **vegetable oil**, **honey**, **soy**, and **brown sugar** until the brown sugar dissolves into the liquid. Add the **beef strips** and leave aside while you prepare the rest of the ingredients.



2 Place the **rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for **10-12 minutes** or until soft. Drain.



3 Heat some vegetable oil in a wok or pan over high heat. Add the **garlic**, **ginger**, **spring onions**, and **red onion** to the pan and cook for **2 minutes**. Add the beef with all of the left over dressing. Cook for a further **2-3 minutes**, stirring regularly, until the beef has browned on all sides. Add the **sesame seeds** and stir for **1 minute** until everything combines. Remove the mixture from the pan and then add in the **bok choy**, cooking for **1-2 minutes** or until it's just cooked but still crisp!

4 Serve your delicious beef teriyaki and the bok choy with the boiled rice.



Did you know? In ancient times ginger was used as a food preservative and to help treat digestive problems.