



# TERIYAKI BEEF

with Shanghai Bok Choy and Carrots

FAMILY



HELLO

## DIY TERIYAKI SAUCE

Make your own sweet and savoury Japanese condiment

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 407



Beef Strips



Garlic



Ginger



Shanghai Bok Choy



Soy Sauce



Oyster Sauce



Honey



Jasmine Rice



Red Onion, sliced



Carrot, julienned

## BUST OUT

- Large Non-Stick Pan
- Medium Pot
- Measuring Cups
- Zester
- Garlic Press
- Paper Towels
- Measuring Spoons
- Salt and Pepper
- Medium Bowl
- Olive or Canola oil

## INGREDIENTS

4-person

- Beef Strips 570 g
- Garlic 10 g
- Ginger 30 g
- Shanghai Bok Choy 400 g
- Soy Sauce 1,4 3 tbsp
- Oyster Sauce 1,11 3 tbsp
- Honey 1 tbsp
- Jasmine Rice 1 ½ cup
- Red Onion, sliced 113 g
- Carrot, julienned 227 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG

When peeling the ginger, use a spoon to scrape the skin off easily! This technique is great for getting around the knobbly bits of the ginger.



### 1 PREP

**Wash and dry all produce.\*** In a medium pot, bring **2 ⅔ cups water** to a boil. Mince or grate the **garlic**. Peel, then zest or grate **2 tbsp ginger**. Cut the **bok choy** into 1-inch pieces.



### 4 COOK BEEF

Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then **half the beef**, shaking off **excess marinade** back into the bowl. (Keep marinade in the bowl—we'll use it later!) Cook until browned, 1-2 min per side. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.\*\*) Transfer beef to a plate. Set aside. Repeat with **remaining** beef.



### 2 MARINATE BEEF

In a medium bowl, combine the **garlic, ginger, soy sauce, oyster sauce, 1 tbsp honey** and **2 tbsp water**. Pat the **beef strips** dry with paper towels, then add the beef strips to the marinade. Toss to coat.



### 5 COOK VEGGIES

Remove the pan from the heat and wipe clean. Heat the same pan over medium heat, then add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until softened, 3-4 min. Add the **marinade**. Bring up to a boil and stir together, 1-2 min. Add **beef, bok choy** and **carrot**. Cook, stirring together, until the veggies are tender-crisp, 2-3 min.



### 3 COOK RICE

Add the **rice** to the pot with the **boiling water**. Reduce the heat to medium-low. Cover and cook until the rice is tender and the water has been absorbed, 12-14 min.



### 6 FINISH AND SERVE

Fluff the **rice** with a fork, then divide between bowls. Top with the **teriyaki beef mixture** and drizzle with any **remaining sauce** from the pan.

## EASY DOES IT!

Stir-fries deliver the biggest flavour-to-effort ratio.