

SESAME BEEF

with Rice





Teriyaki is actually the name for a Japanese cooking technique.





Teriyaki Marinade Powder Teriyaki Marinade Paste





Green Beans





Spring Onion

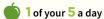


Sesame Seeds



Basmati Rice

20 mins





Teriyaki is a cooking technique used in Japanese cuisine where foods are grilled with a glaze of soy sauce, mirin, and sugar. The word teriyaki derives from the Japanese word teri, meaning gloss or shine, and yaki, which refers to the cooking method of grilling. As you'll see from tonight's recipe, it's the perfect solution for when you're short of time, but want to create a dish that's packed with delicious flavour.





Let's start cooking the Sesame Beef with Rice.

Get your Utensils out. Wash the veggies. Make sure you've got a Mixing Bowl, Frying Pan, Measuring Jug.



COOK THE RICE

a) Boil the water (see ingredients for amount) in a large saucepan with a pinch of salt. Stir in the **basmati rice** and cover with a lid. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. *TIP: The rice will finish cooking in its own steam.



2 MARINATE THE BEEF

- a) Stir together the teriyaki marinade **powder** and **paste** in a large bowl, then add the beef strips.
- b) Mix together well with your hands to coat the **beef** then set aside.
- c) IMPORTANT: Remember to wash your hands after handling raw meat!



3 GET PREPPED

- a) Trim the green beans and chop into thirds.
- **b)** Trim the ends from **spring onions** then finely slice.



3) Sesame 11) Soya 13) Gluten 14) Sulphites Teriyaki Marinade Powder: Sugar, Soy Sauce Powder [Soy Sauce, Maltodextrin, Salt] (Gluten), Dried Glucose, Dried Garlic, Dried Onion, Caramelised Sugar Syrup Powder, Ground Ginger, Salt, Natural Flavouring, Vegetable Oil.

INGREDIENTS

150g

300ml

15g

50g

280g

1 pack 3

15g

PER

100G

185

774

6

2

23

11

0.54

PER SERVING

358G

662

2768

7

81

18

40

1.95

Basmati Rice

Beef Strips

*Not Included

Energy (kcal)

Fat (g)

Sat. Fat (g)

Sugars (g)

Protein (g)

ALLERGENS

Salt (g)

Carbohydrate (g)

NUTRITION PER

UNCOOKED INGREDIENT

(kJ)

Water for the Rice*

Green Beans, chopped

Spring Onion, sliced Water for the Sauce* Sesame Seeds 3)

Teriyaki Marinade Powder 11) 13)

Teriyaki Marinade Paste 11) 13) 14)

Teriyaki Marinade Paste: Sugar, Honey, White Wine Vinegar (Sulphites), Soy Sauce (Water, Soybeans, Wheat, Salt), Molasses, Water, Mirin, Onion Powder, Garlic Powder, Ground Ginger, Salt, Cornflour, Red Pepper, Crushed Chillies, Parsley.

🚺 Wash your hands before and after handling ingredients. Wash fruit and vegetables - but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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STIR-FRY THE BEEF

- a) Heat a drizzle of oil in a large frying pan on high heat.
- b) Add the beef strips and marinade and stirfry, 3 mins.
- c) Add the green beans and half the spring onions and stir-fry for another 3 mins.



5 SIMMER THE SAUCE

- a) Lower the heat, pour the water (see ingredients for amout) into the pan and bubble gently until sticky, 2mins.
- b) Toss through half the sesame seeds.



6 SERVE

- a) Serve the **rice** in bowls topped with the sesame beef.
- b) Finish with a sprinkling of the remaining sesame seeds and spring onion.

ENJOY!