



# SESAME BEEF

with Rice



## HELLO TERIYAKI

Teriyaki is actually the name for a Japanese cooking technique.



Teriyaki Marinade Powder



Teriyaki Marinade Paste



Beef Strips



Green Beans



Spring Onion



Sesame Seeds



Basmati Rice

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.

GET **PREPARED!**

Get your **Utensils** out.

MEAL BAG

20 mins

1 of your 5 a day

Rapid recipe

# BEFORE YOU START

- 🔧 Get your **Utensils** out. Let's start cooking the **Sesame Beef with Rice**.
- 🧼 Wash the veggies.
- 🍴 Make sure you've got a **Mixing Bowl, Frying Pan, Measuring Jug**.



## 1 COOK THE RICE

- 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

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



## 3 GET PREPPED

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



## 4 STIR-FRY THE BEEF

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



## 5 SIMMER THE SAUCE

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



## 6 SERVE

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

ENJOY!

# 2 PEOPLE INGREDIENTS

Basmati Rice	150g
Water for the Rice*	300ml
Teriyaki Marinade Powder 11) 13)	15g
Teriyaki Marinade Paste 11) 13) 14)	50g
Beef Strips	280g
Green Beans, chopped	1 pack
Spring Onion, sliced	3
Water for the Sauce*	75ml
Sesame Seeds 3)	15g

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 358G	PER 100G
Energy (kcal)	662	185
(kJ)	2768	774
Fat (g)	20	6
Sat. Fat (g)	7	2
Carbohydrate (g)	81	23
Sugars (g)	18	5
Protein (g)	40	11
Salt (g)	1.95	0.54

## ALLERGENS

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.

**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](mailto:hello@hellofresh.co.uk)

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**HelloFresh UK**  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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