



Teriyaki Beef

with Bok Choy and Brown Rice



HELLO SESAME SEEDS

*These seed pods burst open when ripe
- hence the phrase 'Open Sesame' from
Ali Baba!*



Brown Rice



Garlic Clove



Ginger



Spring Onion



Bok Choy



Soy Sauce



Honey



Rump Steak



White Sesame Seeds

30 mins

1 of your 5 a day

Family Box

The 'teri' in 'teriyaki' is the Japanese word for 'gloss' or 'glaze' which makes it perfect for describing the gorgeous sheen that develops when you cook anything in this delicious sauce. And, since you asked, 'yaki' means roast, fried or grilled!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Sieve**, **Fine Grater** (or **Garlic Press**), **Mixing Bowl** and two **Frying Pans**. Now, let's get cooking!



1 GET THE RICE ON

Put a large saucepan of water with a pinch of **salt** on to boil for the **rice**. Rinse the **brown rice** thoroughly in a sieve under cold running water then add to your pan of boiling water. Cook on high heat for 25 mins. Drain in your sieve then return to the pan, cover with a lid (or plate) and set aside.



2 PREP THE VEGGIES

Peel and grate the **garlic** (or use a garlic press). Peel the **ginger** using the edge of a teaspoon and grate (or finely chop). Remove the root from the **spring onion** and finely slice, separating the white and green parts. Remove the root from the **bok choy**, then cut widthways into thin slices.



3 MAKE THE MARINADE

In a mixing bowl, combine the **soy sauce** with half the **garlic**, the **ginger**, the **white parts** of the **spring onion** and the **honey**. On a separate, clean cutting board, trim the **steak** of any excess fat and slice it into thin strips. Add it to the bowl with the marinade, make sure all the pieces are well coated and set aside until the **rice** is almost done.



4 FRY THE STEAK

When the **rice** is nearly ready, put a splash of **oil** in a frying pan on high heat. Fry the **steak** in batches until browned. Remove each batch from the pan and set aside. **★ TIP:** Leave the excess marinade in the bowl while you brown the steak. Once all the **steak** is cooked and removed from the pan, add the **marinade** and cook until bubbling, 1-2 mins. Add the **steak** back in, cook for a further 2 mins and remove from the heat.



5 COOK THE BOK CHOY

In a separate frying pan, heat a splash of **oil** over medium heat. Add the remaining **garlic** and cook until it just starts to change colour. Add the **bok choy** with a pinch of **salt**. Cook for 2-3 mins, stirring occasionally. Add the drained **rice**, a grind of **black pepper** and mix. Cook until it's heated through.



6 TIME TO SERVE

Serve the **bok choy** and **rice** topped with the **teriyaki beef**. Sprinkle over the **green parts** of the **spring onion** and the **sesame seeds**. **Enjoy!**

4 PEOPLE INGREDIENTS

Brown Rice	300g
Garlic Clove, grated	3
Ginger, grated	1 knob
Spring Onion, sliced	3
Bok Choy, sliced	2 packs
Soy Sauce ¹⁾ ⁶⁾	4½ tbsp
Honey	3 tbsp
Rump Steak, sliced	4
White Sesame Seeds ¹¹⁾	15g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	570	172
(kJ)	2413	730
Fat (g)	17	5
Sat. Fat (g)	6	2
Carbohydrate (g)	67	20
Sugars (g)	14	4
Protein (g)	36	11
Salt (g)	3.27	0.99

ALLERGENS

¹⁾Gluten ⁶⁾Soya ¹¹⁾Sesame

Soy Sauce Ingredients: Water, **Soy** beans, **Wheat**, Salt, Sodium Benzoate

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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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