







More Than Food  
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## Teriyaki Beef

The pearly white seeds you see here don't come straight out of the fruit that way. They must be hulled from their darker shells first. We're told that the famous phrase 'Open Sesame' from Ali Baba and the Forty Thieves is a reference to ripe sesame seeds popping out of their shells. Dinner and useful trivia ... #winning.



30 mins



family box



lactose free



3 of your 5 a day



healthy



Brown Rice (350g)



Garlic Clove (3)



Ginger (1 tbsp)



Spring Onion (3)



Soy Sauce (6 tbsp)



Honey (3 tbsp)



Flank Steak (1)



Bok Choy (2)




White Sesame Seeds (15g)

## 4 PEOPLE INGREDIENTS

- Brown Rice
- Garlic Clove, chopped
- Ginger, chopped
- Spring Onion, sliced
- Soy Sauce

**350g**  
**3**  
**1 tbsp**  
**3**  
**6 tbsp**

- Honey **3 tbsp**
- Flank Steak **1**
- Bok Choy **2**
- White Sesame Seeds **15g**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

The word 'teriyaki' is derived from the Japanese word 'teri' meaning glaze - perfect for depicting the glossy sheen which teriyaki sauce provides!

**Allergens:** Soya, Gluten, Sesame.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	522 kcal / 2197 kJ	11 g	3.5 g	62 g	17 g	43 g	2 g
Per 100g	93 kcal / 393 kJ	2 g	1 g	11 g	3 g	8 g	0 g

**Soy Sauce Ingredients:** Water, Soybeans, Wheat, Salt.

2



**1** Rinse the **brown rice** thoroughly under cold running water. Bring a large pot of water with a pinch of **salt** to the boil. Add the **rice** and cook on high heat for 25 mins until cooked through. Drain and cover with a lid and keep to one side.

3



**2** Peel and finely chop the **garlic**. Peel the **ginger** using the edge of a spoon and finely chop. Finely slice the **spring onion** into discs, separating the white and green parts.

**3** Mix the **soy sauce** with the **honey**, half your **garlic**, your **ginger** and the whites from your **spring onion**. **Tip:** *This is your teriyaki marinade!* Cut the **steak** into thin strips and soak in your **teriyaki marinade** for as long as you can.

4



**4** Cut the **bok choy** in half lengthways and then slice thinly widthways. Discard the root when you've cut down as far as you can.

**5** Heat a non-stick frying pan with a splash of **oil** over high heat. Add your **steak** and fry for a few mins, then remove from the pan. **Tip:** *Leave the excess marinade in the bowl, while you brown your steak in batches.* Once your steak is removed from the pan, add your remaining **marinade** to the pan and allow to thicken slightly. Then add your **steak** back in.

5



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

**7** Serve your **rice** topped with your **teriyaki beef** and sprinkle over the green parts of your **spring onion** and of course the **black sesame seeds!**

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!