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WK11
2016



Teriyaki Beef with Black Sesame Seeds & Brown Rice

A stir fry is the perfect, speedy, simple weeknight dinner to whip up after a long day. This one is jam-packed with vegetables that will nourish and satisfy. Top your plate off with a sprinkling of black sesame seeds and prepare your taste buds for a wild ride to a land of wonder and delight!



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



high protein



gluten free

Pantry Items



Water



Soy Sauce



Honey



Vegetable Oil



Brown Rice



Baby Bok Choy



Spring Onions



Garlic



Ginger



Carrot



Beef Strips



Black Sesame Seeds



Lime

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2P	4P	Ingredients
¾ cup	1 ½ cups	brown rice
3 cups	6 cups	water *
2 bunches	4 bunches	baby bok choy, sliced
1 bunch	2 bunches	spring onions, sliced
1 clove	2 cloves	garlic, peeled & crushed
1 knob	2 knobs	ginger, peeled & finely grated
2 tbs	4 tbs	salt-reduced soy sauce *
1 tbs	2 tbs	honey *
300 g	600 g	beef strips
1 tsp	2 tsp	vegetable oil *
1	2	carrot, peeled & cut into matchsticks
2 tsp	1 tbs	black sesame seeds
½	1	lime, cut into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2350	Kj
Protein	41.7	g
Fat, total	12.7	g
-saturated	3.5	g
Carbohydrate	65.4	g
-sugars	14.2	g
Sodium	610	mg



You will need: *chef's knife, chopping board, grater, garlic crusher, vegetable peeler, sieve, medium bowl, large bowl, medium saucepan with a lid, and a large wok.*

1 Place the **brown rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and **water** in a medium saucepan and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer, uncovered, for **25-30 minutes** or until the rice is soft. Drain. Add the **baby bok choy** in the last **2 minutes**. Remove the lid and stir through the green parts of the **spring onion**.



2 Meanwhile, in a medium bowl combine the **garlic, ginger, salt reduced soy sauce, honey** and the white parts of the spring onion. Add the **beef strips** and toss to coat well in the marinade.



3 Heat a dash of **vegetable oil** in a large wok over a medium-high heat. Add the **carrot** and cook, stirring, for **1-2 minutes** until just tender but still a little crisp. Remove. Add the beef in two batches, allowing any excess marinade to drip back into the bowl. Cook the beef for **1-2 minutes** or until browned and then remove from the wok. Add any excess marinade to the wok and cook until thickened slightly. Return all of the beef and the carrot and toss to coat well.



4 To serve, divide the green rice between bowls. Top with the teriyaki beef and deliciously sticky teriyaki sauce. Garnish with the **black sesame seeds** and a squeeze of **lime**.

Did you know? The earliest mention of sesame seeds comes from an Assyrian myth which claims that the gods drank sesame wine before creating the Earth.