

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





high protein















Brown Rice



Baby Bok Choy



Spring Onions





Ginger







Beef Strips







Black Sesame Seeds



Lime

2P	4P	Ingredients	
³⁄₄ 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	
1/2	1	lime, cut into wedges	*************************************

#	Ingredient features
	in another recipe

* Pantry Items

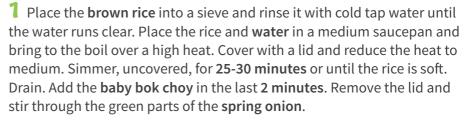
Pre-preparation

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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			

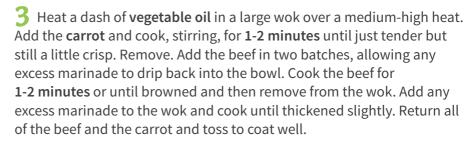


You will need: chef's knife, chopping board, grater, garlic crusher, vegetable peeler, sieve, medium bowl, large bowl, medium saucepan with a lid, and a large wok.





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.





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.