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hello@hellofresh.com.au | (02) 8188 8722

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Banging Teriyaki Beef with Bok Choy Rice

The word teriyaki actually refers to both a type of seasoning, and the way meat is cooked. The secret to preparing this like a pro is giving your beef time to marinate, and a fiercely hot pan. Pros also use chopsticks – but using a spoon for all that lovely sauce is OK too!



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



nut free



helping hands

Pantry Items



Water



Soy Sauce



Honey



Vegetable Oil



Brown Rice



Baby Bok Choy



Garlic



Ginger



Beef Strips



Carrot



Red Onion



Black Sesame Seeds

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QTY

1 ½ cups	brown rice, rinsed well
6 cups	water *
1 bunch	baby bok choy, sliced
1 clove	garlic, peeled & crushed
1 knob	ginger, peeled & finely grated
2 ½ tbs	salt-reduced soy sauce *
1 ½ tbs	honey *
2 tbs	warm water *
600 g	beef strips
1 tsp	vegetable oil *
2	carrots, peeled & cut into matchsticks
1	red onion, finely sliced
1 tbs	black sesame seeds

Ingredients

⊕ Ingredients features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2370	Kj
Protein	41.9	g
Fat, total	11.9	g
-saturated	3.4	g
Carbohydrate	68.6	g
-sugars	13	g
Sodium	427	mg



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

1 Place the **brown rice** and **water** in a medium pot and bring to the boil. Reduce the heat to medium. Simmer, uncovered, for **25-30 minutes** or until the rice is tender. Add the **baby bok choy** in the last **1-2 minutes** until wilted. Drain.



2 In a medium bowl combine the **garlic**, **ginger**, **salt-reduced soy sauce**, **honey** and **warm water**. 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 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 the **carrot** and **red onion** to the wok and cook for **2-3 minutes**. Return the beef to the pan with any excess marinade. Toss to coat well.



4 To serve, divide the rice and baby bok choy between bowls. Top with the teriyaki beef and any teriyaki sauce still in the pan. Garnish with the **black sesame seeds**.



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