



HelloFresh.com.au

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

WK43
2016



Saucy Teriyaki Beef with 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. The gingery beef has got to be the best bit; it's marinated in a sticky honey-soy that will leave you weak at the knees. The family will love every bite!



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



nut free



high protein

Pantry Items



Water



Salt-Reduced Soy Sauce



Honey



Vegetable Oil



Brown Rice



Baby Bok Choy



Spring Onions



Garlic



Ginger



Beef Strips



Carrot



Black Sesame Seeds



Lemon

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
1 packet	2 packets	brown rice, rinsed well
3 cups	6 cups	water *
1 bunch	2 bunches	baby bok choy, chopped
½ bunch	1 bunch	spring onions, finely sliced
1 clove	2 cloves	garlic, peeled & finely grated
1 knob	2 knobs	ginger, peeled & finely grated
2 tbs	4 tbs	salt-reduced soy sauce *
1 tbs	2 tbs	honey *
1 packet	2 packets	beef strips
1 tsp	2 tsp	vegetable oil *
1	2	carrot, peeled & sliced into match sticks
½ sachet	1 sachet	black sesame seeds
½	1	lemon, sliced into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2420	Kj
Protein	42	g
Fat, total	12.8	g
-saturated	3.5	g
Carbohydrate	69.1	g
-sugars	13.8	g
Sodium	609	mg



You will need: chef's knife, chopping board, grater, vegetable peeler, sieve, medium saucepan with lid, medium bowl, large wok or frying pan and wooden spoon.

1 Place the **brown 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. Add the **baby bok choy** in the last **2 minutes**. Drain 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 or frying pan over a medium-high heat. Add the **carrot** and cook, stirring, for **1-2 minutes**, or 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 **lemon**.

Did you know? Ginger can be used to alleviate motion and morning sickness.