

## **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**



nter Salt-Reduced



Vegetable

Soy Saud

Brown Rice



Baby Bok Choy



Spring Onion.



Garlio



Ginger



Beef Strips







| 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            | 4 |
| 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 |   |
| ⅓ sachet | 1 sachet  | black sesame seeds                        |   |
| 1/2      | 1         | lemon, sliced into wedges                 |   |
|          |           |   |   |

| # | Ingredient features |
|---|---------------------|
|   | in another recipe   |

\* Pantry Items

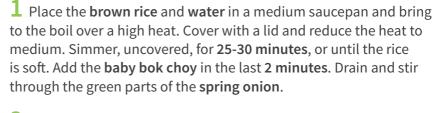
Pre-preparation

## **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.





- 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.

