



TERIYAKI BEEF

with Bok Choy, Carrots and Black Sesame Rice



HELLO

DIY TERIYAKI SAUCE

Make your own sweet and savoury Japanese condiment

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 422



Beef Strips



Garlic



Ginger



Shanghai Bok Choy



Soy Sauce



Oyster Sauce



Honey



Jasmine Rice



Red Onion, sliced



Carrots, julienned



Black Sesame Seeds

BUST OUT

- Measuring cups
- Large pan
- Measuring spoons
- Salt
- Medium bowl
- Olive or Canola oil
- Medium pot

INGREDIENTS

4-person

- Beef Strips 2 pkg (570 g)
- Garlic 1 pkg (10 g)
- Ginger 30 g
- Shanghai Bok Choy 400 g
- Soy Sauce 1,4 1 pkg (3 tbsp)
- Oyster Sauce 0,1 1 pkg (3 tbsp)
- Honey 1 pkg (1 tbsp)
- Jasmine Rice 2 pkg (340 g)
- Red Onion, sliced 1 pkg (113 g)
- Carrots, julienned 1 pkg (227 g)
- Black Sesame Seeds 8 1 pkg (1 tbsp)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

When peeling the ginger, use a spoon to scrape the skin off easily! This technique is great for getting around the knobby bits of the ginger.



1 PREP Wash and dry all produce. Bring **2 2/3 cups salted water** in a medium pot to a boil. Mince or grate the **garlic**. Peel, then mince or grate **2 tbsp ginger**. Cut the **bok choy** into 1-inch pieces.



4 COOK BEEF Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then add the **beef strips** to the pan, shaking off any excess **marinade** back into the bowl. (Keep the marinade in the bowl- we'll use it later!) Cook until the beef is just brown on the outside, 1-2 min per side. Transfer the beef back into the marinade.



2 MAKE SAUCE In a medium bowl, combine the **garlic, ginger, soy sauce, oyster sauce, honey** and **2 tbsp water**. Add the **beef strips** to the marinade and toss to coat well.



5 COOK VEGGIES Add the **onion** to the pan. Cook, stirring occasionally, until the onion softens, 3-4 min. Add the **beef** and **marinade, bok choy** and **carrot**. Bring the sauce to a boil, and cook until vegetables are just tender-crisp, 1-2 min.



3 COOK RICE Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.



6 FINISH AND SERVE Stir the **sesame seeds** into the **rice**. Divide the rice between bowls. Top with the **teriyaki beef mixture**. Drizzle with any **sauce** still in the pan.

EASY DOES IT!

Stir-fries deliver the biggest flavour-to-effort ratio.