



Cooking Made Easy

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Black Sesame Teriyaki Beef with Bok Choy

Generally when we think of sesame seeds we think of white seeds but in this recipe we're using black ones! Black sesame seeds aren't a toasted version of the ones you normally see - they're actually just sesame seeds with their jackets still on! Black sesame seeds have a lot more calcium in them than white seeds. And lastly, we're told that the famous phrase 'Open Sesame' from Ali Baba and the 40 Thieves is a reference to ripe sesame seeds popping out of their shells. Dinner and useful trivia...#winning.

 30 min

 lactose free



Brown Rice



Garlic Clove



Ginger



Spring Onion



Soy Sauce



Honey



Flank Steak



Bok Choy



Black Sesame Seeds

Ingredients

	2P	4P
Brown Rice	1 cup	2 cups
Garlic Clove, diced	1	2
Ginger, diced	½ tbsp	1 tbsp
Spring Onion, sliced	2	3
Soy Sauce 1, 2	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Flank Steak	1	1
Bok Choy, sliced	2	4
Black Sesame Seeds 3	1 tbsp	2 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten | 2) Soya
3) Sesame

Nutrition per serving: Calories: 599 kcal | Protein: 34 g | Carbs: 64 g | Fat: 23 g | Saturated Fat: 6 g



1 Rinse the brown rice thoroughly under cold running water. Boil a large pot of water with ¼ tsp of salt. Add the rice and cook on high heat for 25 mins until cooked through. Drain and cover with a lid and keep to one side.

remaining marinade in the bowl, so you can brown off the steak first. Once the steak is removed from the pan, add the rest of the marinade to the pan and allow to thicken slightly. Then add the steak back in.



2 Peel and finely dice the garlic. Peel the ginger using the edge of a spoon and finely dice. Finely slice the spring onions into discs, separating the whites from the green parts.

6 In a separate pan heat 1 tbsp of oil over a medium heat. Add the remaining garlic and cook until it just starts to change colour. Add the bok choy and ¼ tsp of salt and cook for 2-3 mins. Add the rice and mix then cook until it's heated through.



3 Mix the soy sauce with the honey, half the garlic, the ginger and the whites from the spring onions. Cut the steak into wafer thin strips and marinate in the teriyaki mix for as long as you can.

7 Serve the rice topped with the teriyaki beef and sprinkle over the green parts of the spring onions and of course the black sesame seeds!



4 Cut the bok choy in half lengthways and then slice thinly widthways. Discard the root when you've cut down as far as you can.



5 Heat a pan with 1 tbsp of oil over a high heat. Add the steak and fry for a few mins, remove from the pan. **Tip:** Fry off the steak in batches to make sure you keep the pan nice and hot. **Tip:** Leave the