



Everything But The Chef

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## Teriyaki Beef with Bok Choy 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 is the best bit; it's marinated in a sticky honey-soy that will leave you weak at the knees. Top your plate off with a sprinkling of black sesame seeds and rest assured that you and the kids will love every bite.

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 1**
- lactose free**
- gluten free †**
- nut free**
- helping hands**

### Pantry Items

- Water
- Soy Sauce
- Honey
- Vegetable Oil



Brown Rice



Bok Choy



Garlic



Ginger



Beef Strips



Carrot



Red Onion



Black Sesame Seeds

Qty	Ingredients
1 ½ cups	brown rice
6 cups	water *
4-6	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
½	red onion, finely sliced
3 tsp	black sesame seeds

⊕ May feature in another recipe

\* Pantry Items

**Servings per recipe: 4**

**Nutrition per serve**

Energy	2340	Kj
Protein	41.9	g
Fat, total	11.5	g
-saturated	3.4	g
Carbohydrate	67.6	g
-sugars	12.4	g
Sodium	429	mg

f To ensure this is a gluten free recipe, please check that your sauces & condiments are gluten free.



**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** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and **water** in a medium pot and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, uncovered, for **25-30 minutes** or until the rice is tender. Add the **bok choy** in the last **2 minutes**. 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 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 use of sesame seeds comes from an Assyrian myth which claims that the gods drank sesame wine before creating the earth.