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Banging Teriyaki Beef with Bok Choy Rice

The word teriyaki actually refers to both a type of seasoning, and the way meat is cooked. The secret to preparing this like a pro is giving your beef time to marinate, and a fiercely hot pan. Pros also use chopsticks – but using a spoon for all that lovely sauce is OK too!

Pantry Items



Water



Soy Sauce



Honey



Vegetable Oil



Brown Rice



Baby Bok Choy



Garlic



Ginger



Beef Strips



Carrot



Red Onion



Black Sesame Seeds



Prep: 10 mins
Cook: 30 mins
Total: 40 mins



level 1



nut free



helping hands

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QTY	Ingredients
1 ½ cups	brown rice, rinsed well
6 cups	water *
1 bunch	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
1	red onion, finely sliced
1 tbs	black sesame seeds

 Ingredients features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2370	Kj
Protein	41.9	g
Fat, total	11.9	g
-saturated	3.4	g
Carbohydrate	68.6	g
-sugars	13	g
Sodium	427	mg



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** and **water** in a medium pot and bring to the boil. Reduce the heat to medium. Simmer, uncovered, for **25-30 minutes** or until the rice is tender. Add the **baby bok choy** in the last **1-2 minutes** until wilted. 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 baby 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 mention of sesame seeds comes from an Assyrian myth which claims that the gods drank sesame wine before creating the earth.

