



Beef and Zucchini Yakitori-Style Bowl

with Zucchini and Sesame Rice

FAMILY 30 Minutes



Beef Strips



Jasmine Rice



Soy Sauce-
Mirin Blend



Garlic



Cornstarch



Green Onions



Zucchini



Sesame Seeds

HELLO OISHII!

That's Japanese for 'delicious', which this dish most definitely is.

START HERE

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust Out

Baking Sheet, Garlic Press, Large Non-Stick Pan, Medium Pot, Paper Towels, Slotted Spoon, Whisk, Medium Bowl, Small Bowl, Measuring Cups, Measuring Spoons

Ingredients

	4 Person
Beef Strips	570 g
Jasmine Rice	1.5 cup
Soy Sauce-Mirin Blend	0.25 cup
Garlic	9 g
Cornstarch	1 tbsp
Green Onions	2
Zucchini	400 g
Sesame Seeds	1 tbsp
Sugar*	2 tsp
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. COOK RICE

Add **2 ½ cups water** in a medium pot. Cover and bring to a boil over high heat. Add the **rice**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



4. TOAST SEEDS

While **beef** cooks, heat a large non-stick pan over medium heat. Add the **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a small bowl.



2. PREP & MAKE SAUCE

Cut the **zucchini** in half lengthwise, then into ½-inch thick half-moons. Thinly slice the **green onions**. Peel, then mince or grate the **garlic**. Whisk together **soy-mirin blend, garlic, cornstarch, 2 tsp sugar** and **½ cup water** in a medium bowl. (**NOTE:** This is your yakitori sauce.) Pat **beef** dry with paper towels, then cut any large pieces in half.



5. COOK SAUCE

Reduce the heat to medium-low. Add **yakitori sauce** from the medium bowl to the same pan. Using a slotted spoon, add the **zucchini** and **beef** to the pan with the **sauce**. Cook, stirring often, until **sauce** thickens slightly and coats **beef**, 2-3 min.



3. COOK BEEF AND ZUCCHINI

Toss the **beef** and **zucchini** with **1 tbsp oil** on a baking sheet. Arrange in one layer and season with **salt** and **pepper**. Broil, in **middle** of the oven, until the **beef** is cooked through and **veggies** are tender-crisp, 8-10 min.**



6. FINISH AND SERVE

Stir **half the green onions** and **half the sesame seeds** into the **rice**, then season with **salt**. Divide between plates. Top with the **beef** and **zucchini yakitori**. Sprinkle over the **remaining green onions** and **sesame seeds**.

Dinner Solved!