



Japanese Teriyaki Premium Fillet Steak

with Ginger-Soy Greens & Sesame Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Premium Fillet Steak



Baby Broccoli



Snow Peas



Garlic



Ginger



Lime



Sesame Seeds



Teriyaki Sauce



Spring Onion



Coriander



Sesame Oil Blend



Crispy Shallots

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

This taste of Japanese-inspired fine dining takes the classic fillet steak above and beyond with a few flavourful twists. There's crunchy greens infused with a ginger-soy sauce and sesame-spiked rice. And on top? Sweet teriyaki sauce and fresh lime juice create a rich elixir you'll want to drizzle over everything. Itadakimasu!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
salt*	¼ tsp	½ tsp
premium fillet steak	1 packet	1 packet
baby broccoli	1 bunch	2 bunches
snow peas	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
lime	½	1
sesame seeds	1 sachet	1 sachet
soy sauce*	1 tsp	2 tsp
teriyaki sauce	1 packet (65g)	1 packet (130g)
brown sugar*	1 tsp	2 tsp
water* (for the sauce)	1 tbs	2 tbs
spring onion	2 stems	4 stems
coriander	1 bunch	1 bunch
sesame oil blend	½ packet (7.5g)	1 packet (15g)
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3087kJ (737Cal)	607kJ (145Cal)
Protein (g)	45.1g	8.9g
Fat, total (g)	24.1g	4.7g
- saturated (g)	7.1g	1.4g
Carbohydrate (g)	83.6g	16.4g
- sugars (g)	11.4g	2.2g
Sodium (mg)	1042mg	205mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Riesling or Shiraz

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2021 | CW13



1 Cook the rice

Preheat the oven to **220°C/200°C fan-forced**. In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice** and the **salt** to the saucepan, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



4 Cook the veggies

Return the frying pan to a medium-high heat. Cook the **baby broccoli** with a dash of water, tossing, until slightly softened, **4-5 minutes**. Add the **snow peas** and cook, tossing, until softened, **1-2 minutes**. Add a drizzle of **olive oil**, then add the **ginger** and **soy sauce** and cook until fragrant, **1 minute**. Transfer to a medium bowl.



2 Cook the steak

See top steak tips (below) for extra info!

While the rice is cooking, heat a drizzle of **olive oil** in a large frying pan over a high heat. Season the **premium fillet steak** all over with **salt** and **pepper**, then add to the hot pan. Sear the **steak** until browned, **1 minute** on all sides. Transfer to an oven tray lined with baking paper. Roast for **8-10 minutes** for medium or until cooked to your liking. Remove the tray from the oven, loosely cover with foil and set aside to rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



5 Make the sauce

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Add the **teriyaki sauce**, **brown sugar** and **water (for the sauce)** and cook, stirring, until bubbling, **2-3 minutes**. Remove from the heat, then stir through the **steak resting juices** and a good squeeze of **lime juice**.



3 Get prepped

While the steak is roasting, trim the ends of the **baby broccoli** and slice in half lengthways. Trim the **snow peas**. Finely grate the **garlic** and **ginger**. Slice the **lime** into wedges. Wipe out the frying pan with paper towel and return to a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



6 Serve up

Thinly slice the **spring onion**. Roughly chop the **coriander**. Stir the toasted sesame seeds and the **sesame oil blend** (see ingredients) through the rice. Slice the steak. Divide the sesame rice between plates and top with the steak. Spoon the teriyaki sauce over the steak. Serve with the ginger-soy greens. Garnish with the coriander, spring onion and **crispy shallots**. Serve with any remaining lime wedges.

Enjoy!

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.