

Quick Teriyaki Beef & Veggies

with Rapid Rice & Sesame Seeds

Grab your Meal Kit with this symbol



Basmati Rice



Chicken-Style Stock Powder



Capsicum



Asian Greens



Garlic



Beef Strips



Teriyaki Sauce



Sweet Chilli Sauce



Mixed Sesame Seeds

 Hands-on: **10-20 mins**
 Ready in: **20-30 mins**

 Calorie Smart

Glistening with a sticky sauce that's the perfect ratio of savoury to sweet, once you try this tender teriyaki beef recipe, you'll never go back to the takeaway version.

Pantry items

Olive Oil, Soy Sauce

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
capsicum	1	2
Asian greens	1 bag	2 bags
garlic	2 cloves	4 cloves
beef strips	1 small packet	1 medium packet
teriyaki sauce	½ packet	1 packet
sweet chilli sauce	1 packet (25g)	1 packet (50g)
soy sauce*	1 tbs	2 tbs
mixed sesame seeds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2490kJ (595Cal)	537kJ (128Cal)
Protein (g)	44.6g	9.6g
Fat, total (g)	7.9g	1.7g
- saturated (g)	1.6g	0.3g
Carbohydrate (g)	80.6g	17.4g
- sugars (g)	18.9g	17.4g
Sodium (mg)	1621mg	350mg

The quantities provided above are averages only.

Allergens

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

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

1



Cook the rice

- Boil the kettle.
- Half-fill a medium saucepan with the **boiled water**. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain and return to saucepan. Stir in **chicken-style stock powder**.

3



Cook the beef & veggies

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef strips** in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- Lower the heat to medium-high. Add **capsicum**, **Asian greens** and a pinch of **pepper**. Cook, tossing occasionally, until tender, **2-3 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Remove pan from heat, then add **teriyaki sauce**, **sweet chilli sauce**, **soy sauce** and a splash of **water**. Return **beef** to pan, tossing to combine.

2



Get prepped

- While rice is cooking, roughly chop **capsicum** and **Asian greens**.
- Finely chop or crush **garlic**.

4



Serve up

- Divide teriyaki beef and veggies between bowls.
- Serve sprinkled with the **mixed sesame seeds**.

Enjoy!

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