



WARM TERIYAKI BEEF & BROCCOLI BOWL

with Jasmine Rice and Sesame Seeds



Cook the perfect steak



Garlic



Ginger



Beef Rump



Jasmine Rice



Red Capsicum



Broccoli



Spring Onion



Long Red Chilli



Sesame Seeds

Pantry Staples



Salt-Reduced Soy Sauce



Honey



Water



Olive Oil

Hands-on: 20 mins
Ready in: 35 mins

This easy weeknight bowl is full of delicious bits that take only moments to cook, retaining all the nutritional value and getting dinner on the table faster for you. It's a win win!

BEFORE YOU — START

You will need: **chef's knife, chopping board, garlic crusher, fine grater, large shallow dish, tongs, sieve, medium saucepan, sieve, large frying pan, plate, aluminium foil** and **wooden spoon**. Let's start cooking the **Warm Teriyaki Beef & Broccoli Bowl with Jasmine Rice and Sesame Seeds**



1 MARINATE THE BEEF

Peel and crush the **garlic**. Peel and finely grate the **ginger**. In a large shallow dish combine the **garlic, ginger, salt-reduced soy sauce, honey** and **warm water (for marinade)**. Place the **beef rump** steaks into the shallow dish and toss to coat. Set aside to marinate for at least **10 minutes**.



4 COOK THE BEEF

Heat a **dash of olive oil** in large frying pan over a high heat. Add the **beef rump** steaks (drain any excess marinade and reserve for later) and cook for **2-3 minutes** on each side for medium-rare, or until cooked to your liking. Cooking times may vary depending on the thickness of your steak. Transfer to a plate and cover with foil. Set aside to rest for **5 minutes**. Slice into 5 mm thick slices.

Make sure your pan is super-hot before adding the steak as high heat will seal in the surface, trapping in all the juices! To test if your steak is done, press the centre with the back of your tongs. The steak will feel a little soft if it's rare, slightly firmer if it's medium and very firm if it's well done.



2 COOK THE RICE

While the steak is marinating, rinse the **Jasmine rice**. Place the rice and the **water (for rice)** in a medium saucepan and bring to the boil over a medium-high heat. Simmer, uncovered, for **10-12 minutes**, or until the rice is tender. Drain and set aside.



5 COOK THE VEGGIES

While the beef is resting, return the same pan to a medium-high heat. Add the **olive oil, red capsicum, broccoli** and **water (for veggies)** and cook for **5 minutes**, or until softened. Add the **reserved marinade**. Bring the mixture to the boil (boiling the marinade will ensure there is no raw meat juices left). Gently toss through the sliced **beef rump** and cook for **1 minute**, or until warmed through. Remove from the heat.



3 PREP THE VEGGIES

Finely slice the **red capsicum**. Chop the **broccoli** into very small florets. Finely slice the **spring onion**. Finely slice the **long red chilli** (if using). **TIP:** Remove the seeds from the chilli if you don't like heat.



6 SERVE UP

Divide the Jasmine rice between bowls. Top with the warm teriyaki beef, vegetables and sauce. Sprinkle with spring onion and **sesame seeds**. Garnish the adults portion with long red chilli (if using).

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
garlic	2 cloves
ginger	1 knob
salt-reduced soy sauce*	¼ cup
honey*	2 tbs
warm water* (for marinade)	2 tbs
beef rump	2 steaks
Jasmine rice	2 packets (1 ½ cups)
water* (for rice)	6 cups
red capsicum	1
broccoli	1 head
spring onion	1 bunch
long red chilli (optional)	1
olive oil*	1 tbs
water* (for veggies)	2-3 tbs
sesame seeds	1 sachet (1 tbs)

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2310kJ (551Cal)	318kJ (76Cal)
Protein (g)	37.8g	5.2g
Fat, total (g)	11.9g	1.7g
- saturated (g)	3.4g	0.5g
Carbohydrate (g)	70.2g	9.7g
- sugars (g)	10.9g	1.5g
Sodium (mg)	582mg	80mg

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