



JUL
2016

White Sesame Teriyaki Beef

with Bok Choy and Jasmine Rice

All the flavor and convenience of this takeout favorite without the fat sounds like a win-win to us. In this stir-fry, beef tips are marinated in a sweet glaze, tossed with colorful greens, and served over a bed of jasmine rice.



Prep: 10 min
Total: 30 min



level 1



nut free



dairy free



Beef
Tenderloin Tips



Baby Bok Choy



Garlic



Scallions



Ginger



Soy Sauce



Honey



Hoisin Sauce



Sesame Seeds



Jasmine Rice

Ingredients

		4 People
Beef Tenderloin Tips		16 oz
Baby Bok Choy		4
Garlic		4 Cloves
Scallions		4
Ginger		2 Thumbs
Soy Sauce	1) 2)	4 T
Honey		3 T
Hoisin Sauce	1)	2 T
Sesame Seeds		2 T
Jasmine Rice		1 Cup
Oil*		2 t

*Not Included

Allergens

- 1) Soy
- 2) Wheat

Tools

Small pot, Peeler, Medium bowl, Large pan

Ruler

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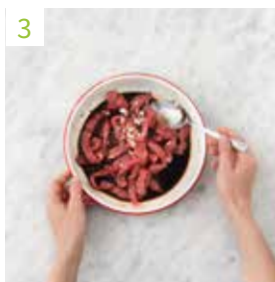
Nutrition per person Calories: 476 cal | Fat: 12 g | Sat. Fat: 3 g | Protein: 32 g | Carbs: 62 g | Sugar: 17 g | Sodium: 813 mg | Fiber: 3 g

2



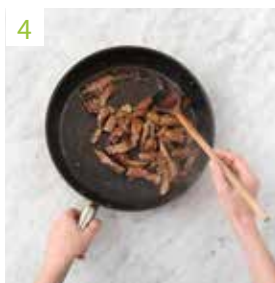
1 Cook the rice: Bring **2 cups water** and a large pinch of **salt** to boil in a small pot. Once boiling, add the **rice**, cover, and reduce to a low simmer for 15-20 minutes, until tender.

3



2 Prep: Wash and dry all produce. Trim and halve the **bok choy** lengthwise. Thinly slice the bok choy widthwise into thin strips. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Peel and mince the **ginger**. Mince the **garlic**.

4



3 Marinate the beef: Combine **4 Tablespoons soy sauce**, **2 Tablespoons hoisin**, **3 Tablespoons honey**, **half the ginger**, and **half the garlic** in a medium bowl. Add the **beef tips** to the marinade and toss to coat. **TIP:** If you have extra time, let the beef sit. The more time, the better!

4 Cook the beef: Heat a drizzle of **oil** in a large pan over high heat. Working in batches, sear the **beef tips** about 1 minute per side, until browned. Remove from the pan and set aside.

5



5 Stir-fry: Add the **scallion whites**, remaining **ginger**, remaining **garlic**, and a drizzle of **oil** to the same pan over medium heat. Cook, tossing, for about 1 minute, until fragrant. Add the **bok choy** and cook, tossing, for 3-4 minutes, until tender. Season with **salt** and **pepper**. Return the **beef** to the pan along with the marinade from the bowl and let bubble until sauce is thickened and reduced. Season with **salt** and **pepper**. **TIP:** If you like your stir-fry sweeter, you can add more hoisin or honey.

6 Finish: Serve the **stir-fry** on a bed of **rice**. Sprinkle with the reserved **scallion greens** and **sesame seeds** and dig in!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics and you'll be entered into our weekly photo contest!

