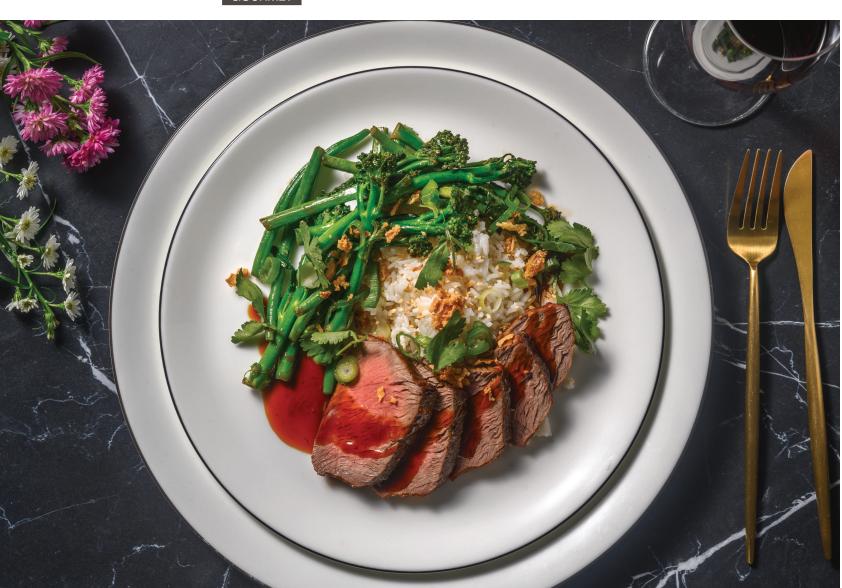


Japanese-Style Teriyaki Fillet Steak with Ginger-Soy Greens & Sesame Rice

GOURMET



Grab your Meal Kit with this symbol











Green Beans



Baby Broccoli





Sesame Seeds



Ginger Paste





Spring Onion



Coriander



Crispy Shallots



Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine), Brown Sugar, Sesame Oil (or Olive Oil)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
salt*	1/4 tsp	½ tsp
premium fillet steak	1 packet	1 packet
green beans	1 bag (100g)	1 bag (200g)
baby broccoli	1 bag	2 bags
garlic	2 cloves	4 cloves
sesame seeds	1 sachet	1 sachet
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
teriyaki sauce	1 medium packet	1 large packet
vinegar*		
(white wine or	½ tbs	1 tbs
rice wine)		
brown sugar*	1 tbs	2 tbs
spring onion	2 stems	4 stems
coriander	1 bag	1 bag
sesame oil* (or olive oil)	1 tsp	2 tsp
crispy shallots	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2994kJ (716Cal)	657kJ (157Cal)
43.3g	9.5g
19.5g	4.3g
6.6g	1.4g
89.9g	19.7g
17.5g	3.8g
1001mg	220mg
	2994kJ (716Cal) 43.3g 19.5g 6.6g 89.9g 17.5g

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 Shiraz or Pinot Noir



Make the rice

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

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



Cook the steak

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

TIP: The meat will keep cooking as it rests!



Get prepped

- While the steak is roasting, trim green beans.
 Halve any thick baby broccoli stalks lengthways.
 Finely chop gartic.
- Wipe out the frying pan, then return to medium-high heat. Toast sesame seeds, tossing, until golden, 3-4 minutes. Transfer to a bowl.



Cook the veggies

- Return the frying to medium-high heat with a drizzle of olive oil. Cook green beans and baby broccoli until tender, 5-6 minutes.
- Add a drizzle of olive oil, ginger paste and the soy sauce and cook until fragrant, 1 minute.
 Transfer to a medium bowl and cover to keep warm.



Make the sauce

- Return the frying pan to medium heat with a drizzle of olive oil. Cook garlic until fragrant, 1 minute.
- Add teriyaki sauce, the vinegar, brown sugar and a splash of water and cook, stirring, until bubbling, 2-3 minutes. Remove from the heat.



Serve up

- Thinly slice spring onion. Roughly chop coriander. Stir toasted sesame seeds and the sesame oil through the rice.
- · Slice the steak.
- Divide sesame rice between plates. Top with steak and ginger-soy veggies. Spoon teriyaki sauce over steak.
- Garnish with coriander, spring onion and crispy shallots to serve. Enjoy!



We're here to help!