



Japanese-Style Teriyaki Fillet Steak

with Ginger-Soy Greens & Sesame Rice

GOURMET

Grab your Meal Kit with this symbol



Jasmine Rice



Premium Fillet Steak



Green Beans



Baby Broccoli



Garlic



Sesame Seeds



Ginger Paste



Teriyaki Sauce



Spring Onion



Coriander



Crispy Shallots

Prep in: 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 garlic create a rich elixir you'll want to drizzle over everything. Itadakimasu!

Pantry items

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 · Large frying pan · 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* | ¼ 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 rice wine) | ½ tbs | 1 tbs |
| 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

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2994kJ (716Cal) | 657kJ (157Cal) |
| Protein (g) | 43.3g | 9.5g |
| Fat, total (g) | 19.5g | 4.3g |
| - saturated (g) | 6.6g | 1.4g |
| Carbohydrate (g) | 89.9g | 19.7g |
| - sugars (g) | 17.5g | 3.8g |
| Sodium (mg) | 1001mg | 220mg |

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 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.



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!



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.



Get prepped

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



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!

Scan here if you have any questions or concerns

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