

TERIYAKI BEEF WITH BROWN RICE



Serves 4

Ingredients

- 1/4 cup teriyaki marinade
- 1 teaspoon finely grated ginger
- 1/2 teaspoon sesame oil
- 400g beef stir-fry strips (or 400g rump steak, trimmed and cut into strips)
- 1 1/2 cups brown rice
- 2 teaspoons toasted sesame seeds
- 1 teaspoon cornflour
- 1/3 cup (80ml) water
- 2 green onions, cut into 3cm lengths

Instructions

Place teriyaki sauce, ginger and sesame oil in a non-metallic bowl. Add the beef and toss to combine. Cover and refrigerate for 15 minutes.

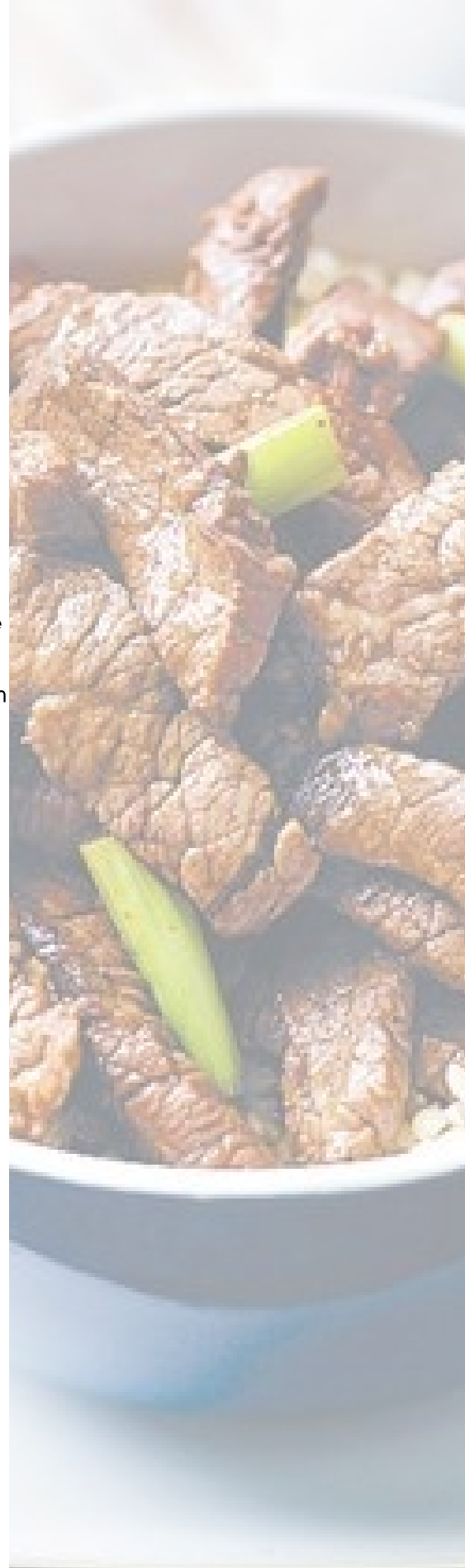
Meanwhile, cook the brown rice until tender. Drain, fold through the sesame seeds, cover and keep warm.

Heat a little oil in a wok or large non-stick frying pan over high heat. Drain the meat and reserve the marinade. Cook the meat in batches for 3 minutes or until browned. Transfer to a bowl, re-oiling the pan between batches.

Place cornflour and water in a small bowl and whisk until well combined.

Return the cooked meat to the pan along with any pan juices. Add the green onions. Add the cornflour mixture and cook for another 2-3 minutes or until the pan juices thicken slightly.

Serve the teriyaki beef with cooked brown rice and steamed broccoli or Asian greens, such as bok choy.



Nutritional info per serve:

Calories: 431
Fat: 6 g
Carbohydrates: 62 g
Protein: 30 g



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Recipe by [Taste.com](https://www.taste.com.au)