KIKKOMAN

Teriyaki Beef Stir Fry with Rice

Total time **35 mins** **20 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
2,653 kJ / 633 kcal

Fat: **36 g** Protein: **35.2 g**
Carbohydrates: **35.9 g**

INGREDIENTS

2 portion(s)

250 g	rib-eye beef steak, in strips
150 g	broccoli, in florets
1	red pepper, sliced
1	red onion, sliced
0.5	bunch spring onions, finely sliced
1	clove of garlic, finely diced
15 g	fresh ginger, finely diced
5 tbsp	frying oil
50 ml	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	Kikkoman Toasted Sesame Oil

For the topping

1 tbsp	chives, finely sliced
	A few stalks of curly parsley, leaves plucked off
1	spring onion, finely sliced
	curly parsley leaves

PREPARATION

Step 1

Boil water in a wok, add broccoli, blanch, remove and drain.

Step 2

Dry the wok and heat 3 tbsp of oil in the wok, add the meat strips, fry quickly and remove.

Step 3

Fry pepper and onion strips, then spring onions briefly and remove.

Step 4

Wipe the wok clean and fry garlic and ginger with the remaining oil.

Step 5

Add the sautéed vegetables back in and also the meat.

Step 6

Add Kikkoman Teriyaki Sauce with Roasted Garlic and the broccoli.

Step 7

Season with Kikkoman soy sauce and toasted sesame oil and mix well.

Step 8

Garnish the meat and vegetables with chives, parsley and fresh spring onion.

Step 9

Drizzle with the sauce remaining in the wok, season with pepper and serve with the cooked basmati rice.