






More Than Food
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White Sesame Teriyaki Beef with Chinese Leaf

The pearly white seeds you see here don't come straight out of the fruit that way. They must be hulled from their darker shells first. We're told that the famous phrase 'Open Sesame' from *Ali Baba and the Forty Thieves* is a reference to ripe sesame seeds popping out of their shells. Dinner and useful trivia...#winning.

 30 mins

 lactose free



Brown Rice (1 cup)



Garlic Clove (2)



Ginger (½ tbsp)



Spring Onion (2)



Soy Sauce (3 tbsp)



Honey (1½ tbsp)



Flank Steak (1)




Chinese Leaf (½)



White Sesame Seeds (1 tbsp)

Ingredients

	2 PEOPLE	ALLERGENS
Brown Rice	1 cup	
Garlic Clove, chopped	2	
Ginger, chopped	½ tbsp	
Spring Onion, sliced	2	
Soy Sauce	3 tbsp	Gluten, Soya
Honey	1½ tbsp	
Flank Steak	1	
Chinese Leaf, sliced	½	
White Sesame Seeds	1 tbsp	Sesame

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Did you know that sesame seeds are one of the oldest condiments known to mankind? RESPECT.

Nutrition per serving: Calories: 649 kcal | Protein: 42 g | Carbs: 79 g | Fat: 18 g | Saturated Fat: 6 g

2



1 Rinse the brown rice thoroughly under cold running water. Boil a large pot of water with ¼ tsp of salt. Add the rice and cook on high heat for 25 mins until cooked through. Drain and cover with a lid and keep to one side.

3



2 Peel and finely chop the garlic. Peel the ginger using the edge of a spoon and finely dice. Finely slice the spring onions into discs, separating the whites from the green parts.

4



3 Mix the soy sauce with the honey, half the garlic, the ginger and the whites from the spring onions. **Tip:** This is your teriyaki mix! Cut the steak into wafer-thin strips and marinate in the teriyaki mix for as long as you can.

5



4 Cut ½ of the Chinese leaf in half lengthways and then slice thinly widthways. Discard the root when you've cut down as far as you can. **Tip:** This is called chiffonading!

5 Heat a frying pan with 1 tbsp of oil over high heat. Add the steak and fry for a few mins, remove from the pan. **Tip:** Fry off the steak in batches to make sure you keep the pan nice and hot. **Tip:** Leave the remaining marinade in the bowl, so you can brown off the steak first.

Once the steak is removed from the pan, add the rest of the marinade to the pan and allow to thicken slightly. Then add the steak back in.

6 In a separate frying pan heat 1 tbsp of oil over medium heat. Add the remaining garlic and cook until it just starts to change colour. Add the Chinese leaf and ¼ tsp of salt and cook for 2-3 mins. Add the cooked rice, a pinch of ground black pepper and mix. Cook until it's heated through.

7 Serve the rice topped with the teriyaki beef and sprinkle over the green parts of the spring onions and of course the white sesame seeds!