

DINNERLY



No. 1 Teriyaki Beef Sushi Bowl

From our Top of the Pops range!



25 minutes



2 Servings

This recipe is from our Top of the Pops range, on our menu every week! These chart-topping hits feature your most-loved, top-rated recipes, so you can cook your all-time fave Dinnerly dishes any night you like. Our No. 1 Teriyaki Beef Sushi Bowl wows with big flavours plus all the crunchy, creamy and crisp fixings. Cook up beef strips in teriyaki sauce, pile over rice with quick-pickled veg, sesame seeds and mayo, then dig in!

WHAT WE SEND

- 150g Japanese rice
- 50ml teriyaki sauce ^{2,4,5,6}
- beef stir-fry
- 1 Lebanese cucumber
- 1 carrot
- 5g toasted sesame seeds ³

WHAT YOU NEED

- 1½ tsp sugar
- 2 tsp white vinegar
- 2 tsp vegetable oil
- 1 tsp soy sauce ⁴
- 2 tbs mayonnaise ¹

TOOLS

- small saucepan with lid
- julienne peeler or box grater
- medium frypan

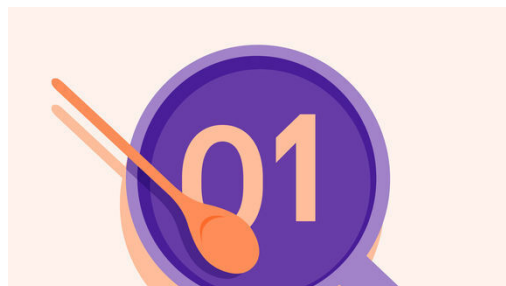
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (1), Gluten (2), Sesame (3), Soy (4), Sulphites (5), Wheat (6). May contain traces of other allergens.

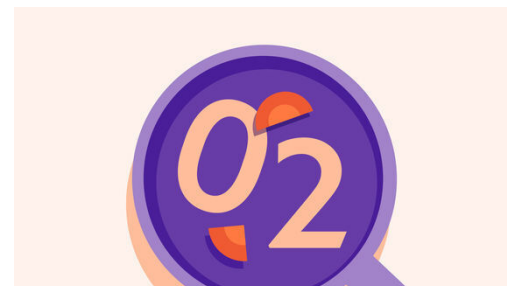
NUTRITION PER SERVING

Energy 725kcal, Fat 30.1g, Carbs 70.7g, Protein 39.6g



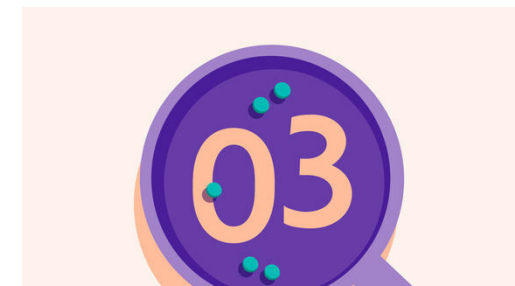
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins. Fluff the rice with a fork.



2. Marinate beef

Meanwhile, combine the **teriyaki sauce** and **1 tsp sugar** in a large bowl. Separate the **beef stir-fry** into the teriyaki mixture and toss to coat.



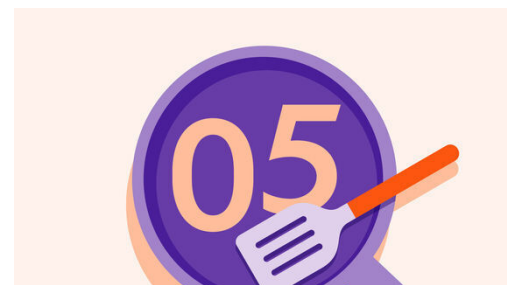
3. Pickle veggies

Cut the **cucumber** into short batons. Shred the **carrot** using a julienne peeler or coarsely grate with a box grater. Combine **2 tsp white vinegar** and **½ tsp sugar** in a large bowl and season with **salt and pepper**. Add the cucumber and carrot and toss to coat. Set aside to pickle, tossing occasionally, until needed.



4. Stir-fry beef

Heat **2 tsp vegetable oil** in a medium frypan over high heat until very hot (see Kitchen 101). Stir-fry the **beef**, reserving the remaining marinade in the bowl, for 2 mins or until browned. Add the **reserved marinade** and **1 tsp soy sauce** and bring to the boil. Cook, stirring, for 30 secs or until slightly reduced. Remove the pan from the heat.



5. Serve up

Divide the **rice, beef** and **pickled veggies** among bowls. Drizzle the veggies with any **remaining pickling liquid**. Dollop with the **mayonnaise**, scatter over the **sesame seeds** and enjoy!



6. Kitchen 101

Ensuring the pan is really hot before adding the beef prevents it from stewing and gives it a nice browned finish.