

Smoky Teriyaki Steak Skewers

with Stir-fried Veg

hellóchef

At last, a stir-fry that's not spicy!

Cals 558 • Prot 52 • Carbs 63 • Fat 14

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🕒 cook: 40 min

R2952



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Steak	2 ppl	3 ppl	4 ppl	
Rump steak	400	600	800	Grams
Bamboo skewers	6	9	12	Piece
Corn starch	10	10	20	Grams
Barbecue sauce 11* , 13*	40	60	80	Grams
Teriyaki sauce 8* , 9* , 10*	40	60	80	ML
Soy sauce 9* , 10* , 11*	20	30	40	ML
Sweet soy sauce 9* , 10* , 11* , 14*	15	20	30	ML
Black pepper	0.5	0.5	1	Tsp
Rice vinegar	15	22	30	ML
Vegetable oil	2	3	4	Tbsp
Stir-fry				
Carrot	2	3	4	Piece
Small zucchini	2	3	4	Piece
Sugar snap peas	100	150	200	Grams
Spring onion	40	60	80	Grams
Vegetable oil	2	3	4	Tbsp
Stir fry sauce				
Garlic cloves	2	3	4	Piece
Tamari 9*	15	22	30	ML
Miso paste 9*	20	30	40	Grams
Sesame seeds 3*	10	15	20	Grams
Honey	15	15	30	Grams

Allergens

***11 Gluten, *13 Mustard, *8 Molluscs, *9 Soya, *10 Wheat, *14 Sulphur Dioxide, *3 Sesame Seeds**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	2317 / 558
Fat (g)	13.7
of which saturates (g)	3.9
Carbohydrate (g)	63
of which sugars (g)	35.7
Fiber (g)	8.5
Protein (g)	51.8
Salt (g)	5.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Marinate steak

Soak the **bamboo skewers** in water. Pre-heat the grill to high. Chop the **steak** into 2-3 cm cubes. Add the **corn starch, barbecue sauce, teriyaki, soy sauce, sweet soy sauce, pepper** and **rice vinegar** to a bowl and mix well. Add the **steak** pieces. Set aside till step 4.



2 Stir-fry sauce

Peel and mince the **garlic**. In a small bowl, whisk together the **tamari, miso paste, garlic, sesame seeds** and **honey**. Set aside.



3 Prep

Peel the **carrot**. Slice the **carrot** and **zucchini** into matchsticks (alternatively, use a spiralizer!) Slice the **sugar snap peas** on the diagonal. Trim and finely chop the **spring onion**.



4 Grill

Thread the **steak** pieces onto **skewers**. Make sure to spread the **steak** out over the provided number of **skewers**. Place on a lined baking tray and cover with the remaining **marinade**. Grill for 8 min or until cooked through and starting to char. Let rest for 5 min.



5 Fry vegetables

Meanwhile, heat a non-stick pan over a high heat with a drizzle of **oil**. Add the **carrot** and **zucchini** and stir-fry for 2 min or until slightly softened. Add the **sugar snap peas** and **spring onion** (reserve some for garnish) and stir-fry for 2 min. Add the **stir-fry sauce** and fry for 1-2 min.



6 Serve

Divide the **stir-fry** among plates and top with the **beef skewers**. Garnish with the remaining **spring onion**.