# **Smoky Teriyaki Steak Skewers**

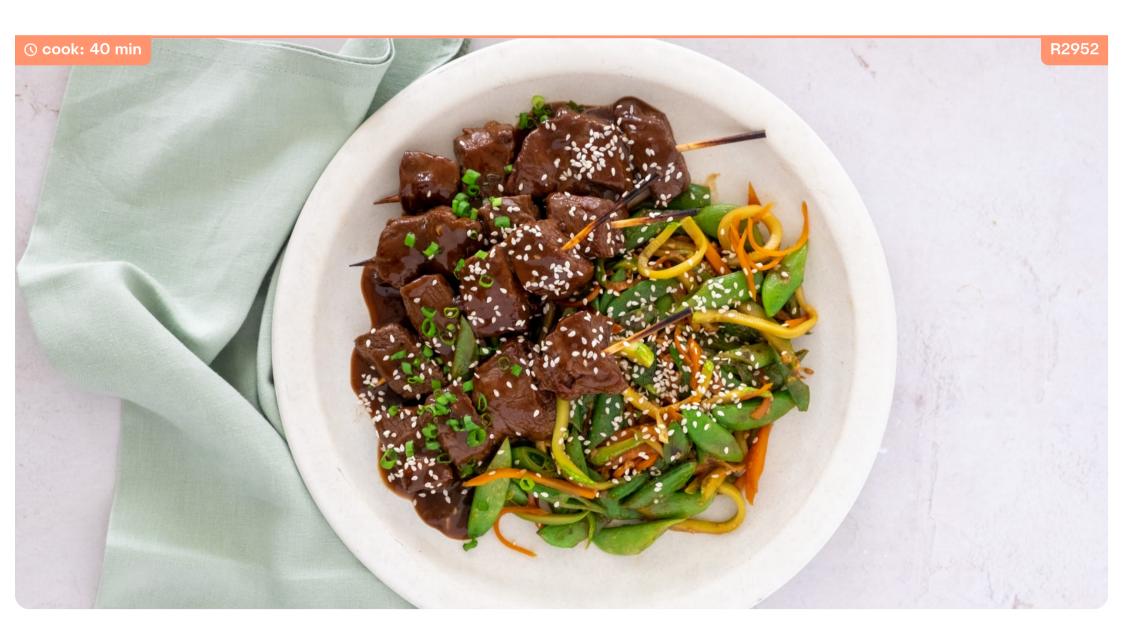
with Stir-fried Veg

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

# hellóchef

Cals 558 • Prot 52 • Carbs 63 • Fat 14

 $hellochef.com \bullet 04-383-93-99 \bullet hello@hellochef.com$ 



#### Before you start

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

#### Ingredients

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## 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

<sup>\*</sup>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. Preheat 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**.