

# TERIYAKI BEEF



## QUICK

12 mins prep time

## HEALTHY

Beef is an excellent source of protein. It contains high levels of B12 and iron, which is important in making red blood cells, which carry oxygen around the body.

## FAMILY



Feeds 5

## MEALS

Delicious served with noodles

## INGREDIENTS

- 1 kg beef – sliced into ‘fingers’
- 2 small red onions
- 2 leeks (optional)
- 5 handfuls of vegetables of your choice.....  
Edamame /sugar snap peas/ pak choi/  
mange tout / pepper / spinach / greens / broccoli
- 2 cm fresh ginger
- 2 limes – zest and juice
- 3-4 tbs soy sauce
- 1 tbs sesame oil
- ½ chilli (optional)
- 2 tbs sesame seeds
- 100 ml water
- Oil for frying, Salt and pepper
- Spring onion – to sprinkle on top (optional)
- Wholemeal noodles to serve

## METHOD

1. Slice the onions (and leeks if you’re using leeks)
2. Heat 1-2 tbs oil in a large frying pan
3. Sauté the onions and leeks
4. Whilst onions are cooking, make the Teriyaki sauce
5. Teriyaki sauce - mince the ginger and put in a bowl with the soy, sesame oil, lime zest and juice, water, chilli and sesame seeds
6. If making noodles – cook them now
7. Add the beef and cook for 30 seconds till starting to brown
8. Add the teriyaki sauce and mix
9. Add the vegetables.
10. Cook till hot (you want the vegetables to be crunchy but hot)
11. Sprinkle with a few more sesame seeds (optional)



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)