



UCCOOK

Zingy Teriyaki Beef Skewers

with wild & brown rice

Hands-on Time: 35 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	379kJ	2016kJ
Energy	91kcal	482kcal
Protein	9.3g	49.2g
Carbs	10g	56g
of which sugars	3g	14g
Fibre	2g	10g
Fat	1.2g	6.2g
of which saturated	0.3g	1.4g
Sodium	246.4mg	1309mg

Allergens: Soya, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120ml	160ml	Brown & Wild Rice <i>rinse</i>
450g	600g	Beef Strips
75ml	100ml	Zingy Teriyaki <i>(60ml [80ml] Teriyaki Sauce & 15ml [20ml] Orange Juice)</i>
7,5ml	10ml	Dried Chilli Flakes
2	2	Onions <i>peel & cut into bite-sized pieces 1½ [2]</i>
9	12	Wooden Skewers
360g	480g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
150g	200g	Edamame Beans
120g	160g	Green Leaves <i>rinse</i>
45ml	60ml	Rice Seasoning <i>(30ml [40ml] Rice Wine Vinegar & 15ml [20ml] Low Sodium Soy Sauce)</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. **LOADED RICE** Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary).

2. **BEEF** Pat the beef strips dry with paper towel, then coat with the zingy teriyaki, chilli flakes (to taste), and seasoning. Set aside to marinate for 10-15 minutes. Thread the onions and beef strips onto the skewers until all are filled. Place a pan over a high heat and lightly spray with cooking spray. When hot, sear the beef skewers until browned, 3-4 minutes per side. In the final 30–60 seconds, deglaze the pan with any remaining zingy marinade. Remove from the pan and set aside.

3. **ALL TOGETHER** Return the pan to medium heat and lightly spray with cooking spray if necessary. Fry the carrot until lightly charred but still crunchy, 5-6 minutes (shifting occasionally). Add the edamame beans, the spinach, the cooked rice, and the rice seasoning. Cook until the spinach is wilted, 3-4 minutes.

4. **DINNER IS READY** Make a bed of the loaded rice, top with the beef skewers, and sprinkle over the coriander. Well done, Chef!