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WK04
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Sweet Sesame Yakitori Beef with Asian Greens

Yakitori is a favourite late-night street food in Japan, where you'll find alleys lined with charcoal grills selling skewers by the hundreds. We're marinating our beef yakitori with ginger and kecap manis, and serving them with lovely mushrooms and fresh spring onion. Crunchy sesame tops off the whole tasty package!

 **Prep:** 15 mins
 **Cook:** 15 mins
 **Total:** 30 mins
 level 1
 lactose free
 nut free

Pantry Items

-  Salt-Reduced Soy Sauce
-  Warm Water
-  Water



Beef Strips



Kecap Manis



Ginger



Garlic



Jasmine Rice



Mushrooms



Baby Bok Choy



Sesame Seeds



Spring Onion

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QTY	Ingredients
1 packet	beef strips
¼ cup	salt-reduced soy sauce *
1 tub	kecap manis
1 knob	ginger, peeled & grated
2 cloves	garlic, peeled & grated
1 tbs	warm water *
2 packets	Jasmine rice, rinsed well
6 cups	water *
1 punnet	mushrooms, finely sliced
1 bunch	baby bok choy, washed & roughly chopped
1 sachet	sesame seeds
1 bunch	spring onion, finely sliced

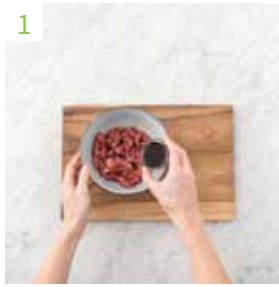
⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2450	Kj
Protein	42.7	g
Fat, total	9.7	g
-saturated	3.4	g
Carbohydrate	79	g
-sugars	15.5	g
Sodium	1140	mg



You will need: chef's knife, chopping board, fine grater, sieve, two medium bowls, medium saucepan, large wok or frying pan and wooden spoon.

1 Place the **beef strips** in a medium bowl. Pour over the **salt-reduced soy sauce, kecap manis, ginger, garlic** and **1tbs of warm water**. Set aside to marinate.

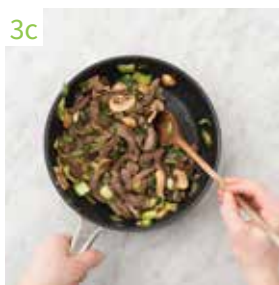


2 Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes**, or until the rice is soft. Drain.

3 Meanwhile, heat a large wok or frying pan over a high heat. Cook the beef strips in two batches for **2-3 minutes**, or until cooked through. Set aside in a second medium bowl. Return the wok or pan to the heat and add the **mushrooms**. Cook for **2-3 minutes**, or until soft. Add the **baby bok choy** and continue cooking for a further **1-2 minutes**, or until wilted. Add the beef strips to the pan to heat through.



4 To serve, divide the Jasmine rice between bowls. Top with yakitori beef and any excess pan juices. Sprinkle over **sesame seeds** and **spring onion**. Dig in!



Did you know? In Japan, Yakitori is also called Kushi-yaki.