FROM OUR KITCHEN

Beef teriyaki minute steaks



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	10 min	20 min	4

01 Ingredients

- [ ] 8 (approx. 600g) beef minute steaks
- [ ] 1.2 cup (125ml) teriyaki marinade +extra, to serve
- [ ] 400 g shelf stable Singapore noodles
- [ ] 2 bunches baby bok choy, cut into 4cm pieces
- [ ] 175 g snowpeas, thinly sliced diagonally
- [ ] 2 green onions, thinly sliced
- [ ] 1 tbsp sesame oil
- [ ] 1 tbsp sesame seeds, toasted

02 Step-by-step method

01 Place steaks in a large snap-lock bag with teriyaki marinade. Set aside for 5 mins. Drain steaks from marinade, pat dry with paper towel and cook, in batches, if necessary, in a lightly oiled non-stick frying pan over medium-high heat for 1-2 minutes each side. Rest on a plate loosely covered with foil for 2-3 minutes.

02 Meanwhile, prepare noodles according to packet instructions. Drain and keep warm

in a large bowl.

03 Place bok choy and snow peas in a large bowl. Cover with boiling water and blanch for 2-3 minutes. Drain well and add to noodles with onions and oil. Season and toss to coat. Sprinkle with sesame seeds.

04 Slice steaks and serve with noodles, extra teriyaki marinade, coriander leaves and pickled ginger.

03 Chef's tips

- Beef minute steaks are also called beef sizzle steaks or beef schnitzel.

- Rump steaks, sirloin steaks or stir-fry strips would also work well in this recipe.

- Serve any leftover steak with soft tortillas, coleslaw and chilli sauce or make a delicious Asian steak sandwich for lunch the next day.