

# MARLEY SPOON



## Beef Tataki

with Rice and Vegetables



20-30min



2 Portions

If you like your steak rare (or prefer as little time as possible over a stove), you'll love this Japanese cooking style of flash-grilling for a scorched exterior and barely cooked interior. Here, we accompany sliced rare beef with stir-fried vegetables, nutty brown rice and a soy vinegar sauce for a balanced and seriously speedy dinner.

## What we send

- sesame oil <sup>11</sup>
- zucchini
- tataki sauce (mirin, black vinegar) <sup>1</sup>
- sesame seeds <sup>11</sup>
- carrot
- grass-fed beef rump
- brown rice
- green cabbage

## What you'll require

- sea salt and pepper
- soy sauce <sup>6</sup>
- vegetable oil

## Utensils

- foil
  - medium saucepan
  - peeler
  - sieve
  - wok or large frypan
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

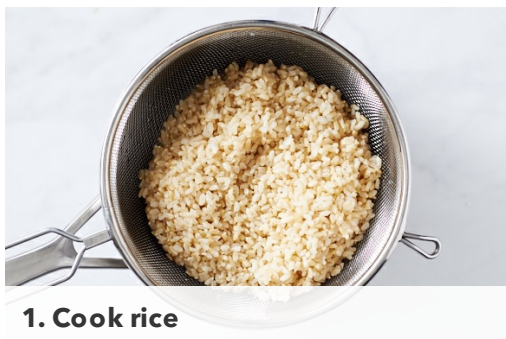
If you prefer the beef a little more cooked, cook over medium-high heat for 2-3 mins each side for medium-rare or longer to your liking.

## Allergens

Soy (6). May contain traces of other allergens.

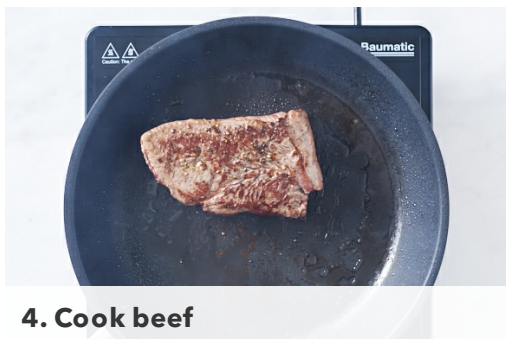
## Nutrition per serving

Energy 790.0kcal, Fat 26.7g, Proteins 47.8g, Carbs 85.3g



**1. Cook rice**

Place the **rice** in a medium saucepan and cover with plenty of cold water. Bring to the boil over medium-high heat, then reduce heat to a simmer and cook for 25 mins or until the rice is tender. Drain in a sieve and keep warm.



**4. Cook beef**

10 minutes before the rice is ready, heat **2 tsp oil** in a large frypan over high heat. Once smoking, sear the **beef** for 30 secs each side or until browned. Remove from the pan, loosely cover with foil and set aside to rest for 5 mins.



**2. Prepare ingredients**

While the rice is cooking, trim the ends from the **zucchini** and cut into thick matchsticks. Finely shred the **cabbage**. Peel, halve the **carrot** lengthwise, then thinly slice. Combine the **tataki sauce**, **soy sauce** and the **sesame oil** in a bowl. Set aside.



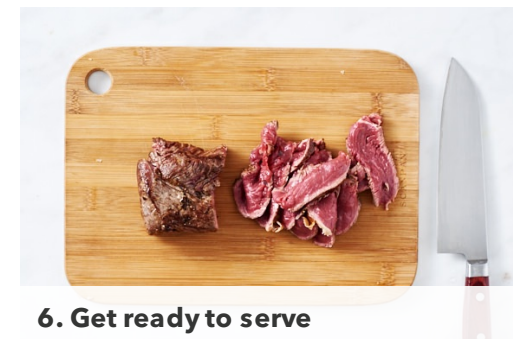
**5. Cook vegetables**

Meanwhile, heat the **remaining oil** in the same pan over medium-high heat. Stir fry the **carrots** for 2 mins or until almost tender, then add the **cabbage** and stir-fry for 1 min or until slightly softened. Add the **zucchini** and stir-fry for 1-2 mins until tender. Remove pan from heat.



**3. Season beef**

Trim the **beef** of any fat, then season with **salt and pepper**.



**6. Get ready to serve**

Very thinly slice the **beef**. Divide the **rice** among bowls, then top with the **vegetables** and **beef**. Drizzle over the **tataki sauce mixture** and scatter with **sesame seeds** to serve.