

MARLEY SPOON



Beef Tataki

with Rice and Vegetables



20-30min



4 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 ¹¹
- grass-fed beef rump
- tatak sauce (black vinegar, mirin) ¹
- green cabbage
- sesame seeds ¹¹
- brown rice
- zucchini
- carrot

What you'll require

- sea salt and pepper
- soy sauce ⁶
- 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

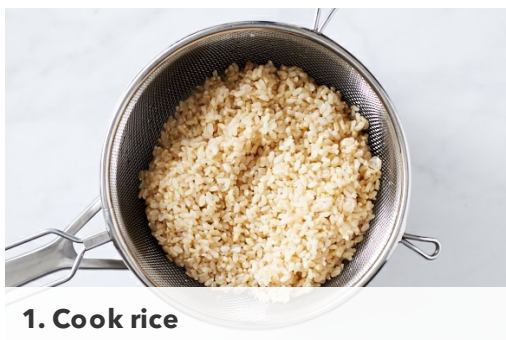
If you prefer the beef a little more cooked, cook over medium-high heat for 2-3 mins each side for medium-rare or longer to your liking.

Allergens

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

Nutrition per serving

Energy 750.0kcal, Fat 25.3g, Proteins 45.8g, Carbs 81.6g



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.



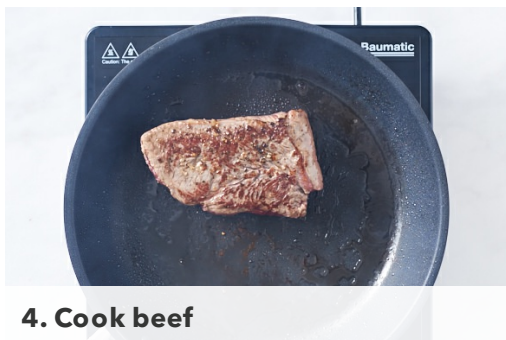
2. Prepare ingredients

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 **tatak sauce**, **soy sauce** and the **sesame oil** in a bowl. Set aside.



3. Season beef

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



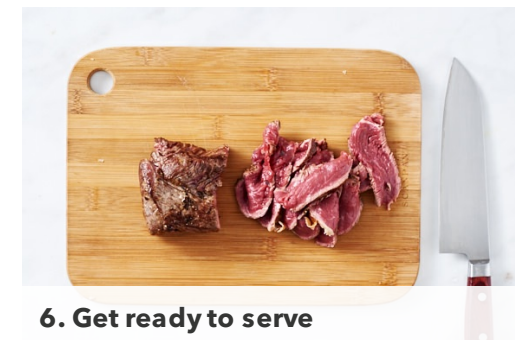
4. Cook beef

10 minutes before the rice is ready, heat **1 tbs 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.



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.



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 **tatak sauce mixture** and scatter with **sesame seeds** to serve.