



HEALTHY

Beef Minute Steak

with Ginger-Sesame Greens and Blac...



20-30min



2 Portions

Up your midweek steak game with tempting Asian flavour. Here, a little garlic, ginger, soy sauce, vinegar and sesame oil combine for a light and healthy sauce for flash-fried minute steaks and crisp blanched broccoli and green beans. Simply scatter over toasted sesame seeds to serve.

What we send

- 11
- 11

What you'll require

- olive oil
- sea salt and pepper
- soy sauce ⁶
- sugar
- white vinegar

Utensils

- fine grater
- medium frypan
- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

It's important to have your pan very hot before adding the beef, otherwise it may stew slightly and become tough. To ensure tender beef, it's also important to slice the steak against the grain.

Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

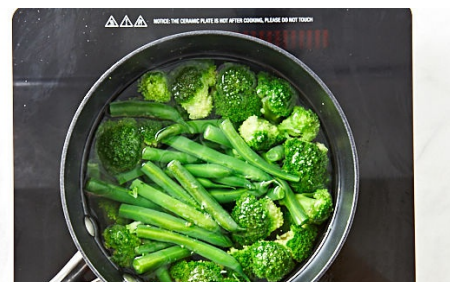
Nutrition per serving

Energy 485kcal, Fat 22.1g, Carbs 18.7g, Proteins 45.7g



1. Prepare vegetables

Bring a medium saucepan of salted water to the boil for the vegetables. Trim the **green beans** and halve widthwise. Trim the **broccoli** stem, then coarsely chop. Cut the broccoli head into small florets. Rinse and drain **half the black beans** (the remaining black beans won't be used in this dish).



2. Cook greens

Cook the **green beans** and **broccoli** in the pan of boiling water for 2-3 mins until tender. Drain and refresh under cold water.



3. Make sesame dressing

Meanwhile, crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Combine the garlic, ginger, **sesame oil**, **1 tbs soy sauce**, **2 tsp white vinegar** and **1 tsp sugar** in a small bowl.



4. Toast sesame seeds

Put the **sesame seeds** in a cold medium frypan over medium heat. Toast, tossing, for 2-3 mins until evenly golden. Remove from the pan.



5. Cook steak

Heat the pan over high heat until hot (see cooking tip). Drizzle the **beef steaks** with **1 tbs olive oil** and season with **salt and pepper**. Cook for 30 secs - 1 min each side for medium-rare or until cooked to your liking. Transfer to a plate and rest for 3 mins.



6. Get ready to serve

Meanwhile, combine the **green beans**, **broccoli**, **black beans**, **sesame dressing** and **half the sesame seeds** in a bowl. Divide the **beef** and **vegetables** among plates, drizzle with any **pan juices** and scatter with the **remaining sesame seeds** to serve.