



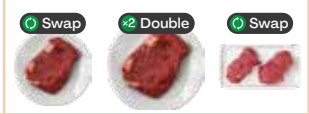
Teppanyaki-Inspired Steak

with Yum-Yum Sauce and Toasted Sesame Veggies

Special

Spicy

45 Minutes



Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Striploin Steak 370 g | 740 g Striploin Steak 740 g | 1480 g Tenderloin Steak 340 g | 680 g



Top Sirloin Steak
285 g | 570 g



Jasmine Rice
¾ cup | 1 ½ cups



Vegetable Mix
170 g | 340 g



Mushrooms
113 g | 227 g



Zesty Garlic Blend
1 tbsp | 2 tbsp



Green Onion
2 | 4



Mayonnaise
4 tbsp | 8 tbsp



Teriyaki Sauce
4 tbsp | 8 tbsp



Soy Sauce Mirin Blend
4 tbsp | 8 tbsp



Sriracha
2 tsp | 4 tsp



Sesame Seeds
9 g | 18 g



Sesame Oil
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, salt, oil, pepper, unsalted butter

Cooking utensils | Aluminum foil, baking sheet, large non-stick pan, measuring cups, measuring spoons, medium non-stick pan, medium pot, paper towels, small bowl, strainer

1



Cook rice

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear. Drain well.
- Add **rice**, **1 cup** (2 cups) **water** and **¼ tsp** (½ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

4



Make sauces

- Meanwhile, combine **mayo**, **sriracha**, **¼ tsp** (½ tsp) **sugar**, **1 tsp** (2 tsp) **sesame oil** and **1 tbsp** (2 tbsp) **soy sauce-mirin blend** in a small bowl. (**NOTE:** This is your yum-yum sauce!)
- Reheat the same pan (from step 3) over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **mushrooms**. Cook, stirring often, until golden, 5-6 min.
- Add **teriyaki sauce**, **remaining soy sauce mirin blend** and **¼ cup** (½ cup) **water** to the pan with **mushrooms**. Bring to a simmer. Cook, stirring often, until **sauce** thickens slightly, 2-4 min.
- Remove from heat. Season with **salt** and **pepper**.

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.

2



Prep and toast sesame seeds

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, thinly slice **mushrooms**.
- Thinly slice **green onions**.
- When the pan is hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on sesame seeds so they don't burn!)
- Transfer to a plate.

5



Stir-fry veggies

- Meanwhile, reheat the same pan (from step 2) over medium-high.
- When hot, add **vegetable mix**, **remaining Zesty Garlic Blend** and **¼ cup** (½ cup) **water**. Cook, stirring often, until **veggies** are tender-crisp and water is absorbed, 5-7 min.
- Remove from heat, then add **half the sesame seeds** and **remaining sesame oil** over top. Season with **salt** and **pepper**, then toss to coat.

3



Cook steak

🔄 Swap | **Striploin Steak**

*2 Double | **Striploin Steak**

🔄 Swap | **Tenderloin Steak**

- Heat a medium non-stick pan (use a large non-stick pan for 4 ppl) over medium-high heat.
- While the pan heats, pat **steak** dry with paper towels. Season with **salt**, **pepper** and **2 tsp** (4 tsp) **Zesty Garlic Blend**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **steak**. Sear until golden, 1-2 min per side.
- Remove from heat, then transfer **steak** to an unlined baking sheet. Broil in the **middle** of the oven, flipping halfway, until cooked to desired doneness, 5-8 min.**
- When **steak** is done, transfer to a cutting board. Cover loosely with foil. Set aside to rest, 3-5 min.

6



Finish and serve

- Fluff **rice** with a fork. Stir in **1 tbsp** (2 tbsp) **butter**, **half the green onions** and **remaining sesame seeds**.
- Thinly slice **steak**. Stir any **steak resting juices** into **mushroom-teriyaki sauce**.
- Divide **steak**, **veggies** and **rice** between plates. Sprinkle **remaining green onions** over top.
- Drizzle **mushroom-teriyaki sauce** over **steak**.
- Serve **yum-yum sauce** alongside.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook steak

🔄 Swap | **Striploin Steak**

If you've opted for **striploin steak**, cook in the same way the recipe instructs you to cook **sirloin steak**.

3 | Cook steak

*2 Double | **Striploin Steak**

If you've opted for **double steak**, cook in the same way the recipe instructs you to cook the **regular portion of steaks**. Work in batches, if necessary.

3 | Cook steak

🔄 Swap | **Tenderloin Steak**

If you've opted for **tenderloin steak**, cook in the same way the recipe instructs you to cook the **striploin steak**.