



Teppanyaki-Inspired Striploin Steak


with Yum-Yum Sauce and Toasted Sesame Veggies













Special Plus

Spicy

45 Minutes

Issue with your meal?
Scan the QR code to
share your feedback.




-  Striploin Steak
-  Jasmine Rice
-  Vegetable Mix
-  Mushrooms
-  Zesty Garlic Blend
-  Green Onion
-  Mayonnaise
-  Teriyaki Sauce
-  Soy Sauce Mirin Blend
-  Sriracha
-  Sesame Seeds
-  Sesame Oil

HELLO TEPPANYAKI

A Japanese cooking style that means 'grilling on an iron plate'!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

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

Bust out

Baking sheet, measuring spoons, strainer, aluminum foil, medium pot, small bowl, measuring cups, large non-stick pan, paper towels, medium non-stick pan

Ingredients

	2 Person	4 Person
Striploin Steak	370 g	740 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	1 tbsp	2 tbsp
Sesame Oil	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.



Issue with your meal?
Scan the QR code to
share your feedback.

1



Cook rice

- 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-brown, 5-6.
- 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**, to taste.

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**, to taste, then toss to coat.

3



Cook 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-brown, 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.

Dinner Solved!