

Stir fry beef in teriyaki sauce with cashew nuts and jasmine rice

Total time **27 mins** 15 mins preparation time 12 mins cooking time

Nutritional facts (per portion):
2635.9 kJ / 629.5 kcal

Fat: **19.2 g** Protein: **36 g**
Carbohydrates: **77.2 g**

INGREDIENTS

2 portion(s)

250 g	of beef (tenderloin or sirloin)
120 g	jasmine rice
1 piece	of fresh ginger (about 5 g)
1	clove of garlic
0.5	red bell pepper (about 80 g)
0.5	yellow bell pepper (about 80 g)
0.5 tsp	yellow chilli pepper (about 7 g)
0.5 tsp	red chilli pepper (about 7 g)
1 tbsp	oil
4 tbsp	Kikkoman Teriyaki Sauce with Toasted Sesame
30 g	cashew nuts
2 tbsp	bamboo shoots
1 few	sprigs of coriander
1	lime
1 tsp	sesame seeds

PREPARATION

Step 1

250 g of beef (tenderloin or sirloin)

Cut the beef into very thin slices, then into smaller pieces.

Step 2

120 g jasmine rice

Cook the rice according to the instructions on the packet.

Step 3

1 piece of fresh ginger (about 5 g) - **1** clove of garlic - **0.5** red bell pepper (about 80 g) - **0.5** yellow bell pepper (about 80 g) - **0.5 tsp** yellow chilli pepper (about 7 g) - **0.5 tsp** red chilli pepper (about 7 g)

Peel and finely chop the ginger and garlic. Cut the chilli peppers into thin slices. Cut the bell peppers into strips.

Step 4

0.5 tbsp oil - **2.5 tbsp** Kikkoman Teriyaki Sauce with Toasted Sesame

Heat the wok, add ½ tablespoon of oil, ginger, and garlic. Sauté briefly, then add the meat. Sear briefly on each side. Add 2.5 tablespoons of Kikkoman teriyaki sauce with toasted sesame. Stir, sauté briefly, and remove from the pan.

Step 5

0.5 tbsp oil - **1.5 tbsp** Kikkoman Teriyaki Sauce with Toasted Sesame - **30 g** cashew nuts - **2 tbsp** bamboo shoots

In the same pan, heat ½ tablespoon of oil, add the sliced bell peppers, chilli peppers, cashews, and

bamboo shoots. Sauté briefly while stirring constantly. Add 1.5 tablespoons of Kikkoman teriyaki sauce with toasted sesame. Mix, sauté briefly. Add back the beef and mix. Remove from heat.

Step 6

1 few sprigs of coriander - **1** lime - **1 tsp** sesame seeds

Serve with rice, garnished with coriander leaves, sesame seeds, and half a lime.