

Teriyaki Beef & Rice

Ingredients

200g beef strips
salt and pepper

1/2 cup rice
100g broccoli florets
water

for the sauce:

1/4 cup packed light brown sugar
1/4 cup low-sodium soy sauce
2 Tablespoons rice or apple cider
vinegar
1/2 teaspoon ground ginger
2 cloves garlic minced
1 Tablespoon cornstarch/flour

Method

1. In a small bowl or a measuring cup, combine brown sugar, soy sauce, ginger, garlic, vinegar and cornstarch. Whisk together until there are no corn-starch/flour lumps. Set aside.
2. Cook rice according to instructions on packaging.
3. Steam broccoli until just tender.
4. Season chicken pieces with salt and pepper and place in large frypan.
5. Cook until done, stirring often.
6. Add sauce to chicken and cook stirring constantly, until it thickens into shiny glaze.
7. Remove from heat and serve immediately with rice and steamed broccoli.