



COOKING PASSION SINCE 1877

Beef Teriyaki Grilled steak with grilled veg



Serves: 2

INGREDIENTS

300g Sirloin
1 broccoli
1 aubergine
2 spring onions
½ thumb sized piece ginger

The Marinade

4.5 tbsp light **soy sauce**
4 tbsp **mirin**
4 tbsp **sake**
1 tbsp sugar
2 tbsp miso paste

ALLERGENES HIGHLIGHTED IN BOLD

PREPARATION

1. Finely chop the ginger and finely slice the spring onion. Combine the rest of the marinade ingredients in a medium size bowl, mix well until the sugar dissolves.
2. Slice the aubergine into 2cm slices. Trim and slice the broccoli florets with the stems.

COOKING

1. Marinade the vegetables, for 30 minutes. Heat 1-2 tablespoon vegetable oil to a high heat on a griddle pan, start by cooking the aubergine 3-4 minutes on each side, once it's fully cooked set aside. Add a teaspoon of oil to the pan, once it's hot cook the broccoli, 3 minutes on each side.
2. While the vegetables are cooking dip the steak in the remaining marinade, let it sit until the
3. aubergine and broccoli are fully cooked. Brush a griddle pan with a little vegetable oil and place on a high heat. Griddle the steak for 3-4 minutes, turning once in between, until well charred on both sides. Pour the remaining marinade and let it sit for 30-60 seconds. Take the steak out of the pan and let it rest for 2-3 minutes on a chopping board and slice diagonally.
4. Reduce the teriyaki marinade for a further 2 minutes.
5. Plate up the vegetables, arrange the strips of steak on top, finish off by pouring over the reduced sauce.