



## **Beef Teriyaki**

### **Ingredients**

12oz	Sirloin Tri tip
6 oz	Teriyaki Sauce
1oz	Cashews
2 ea	Scallions
1 cup	Rice
2 oz	Sesame Seeds
1 ea	Lime

### **Kitchen Tools Needed**

12" Sauté pan (nonstick if available)
Rubber Spatula / Flat Spoon
Chef's Knife
Cutting Board
Medium Pot with Lid for Cooking Rice
Paper Towels

### **At Home Ingredients**

½ cup	Canola or Vegetable Oil
To taste	Kosher Salt (for chicken & pasta water)
To taste	Fresh Ground Black Pepper (for chicken & pasta water)

### **Prepare to Cook**

When you receive your meal prep box, remove all items and organize on your work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for 'things in place') organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

### **Step 1. Cooking Rice, Toasting Nuts and Cutting Scallions**

1. Preheat the oven to 400°F.
2. Bring water in a medium pot to boil .
3. When water is boiling add rice and stir for one minute, reduce heat to low and cover with lid.
4. Cook rice for 15 to 18 minutes.
5. While the rice is cooking, add cashews to the pan and place in the oven when the temperature is at 400°F.
6. Toast cashews for 8 to 10 minutes or until nuts are fragrant.
7. When ready, remove cashews from the oven and set aside for plate up.
8. When rice is done, remove off of heat with the lid still on and set aside for plate up.
9. On a clean cutting board, very thinly slice your scallions on a bias and place into a small bowl to reserve for beef.

### **Step 2. Cooking Beef**

10. Heat saute pan with oil to medium-high heat.
11. begin to cook beef, season w/salt & pepper in a pan. Let beef cook undisturbed for 3 to 4 minutes to get browning color on one side.
12. When hard sear has been achieved stir beef again to the other side and cook for an additional 2 to 3 minutes.
13. When Beef is cooked to desired doneness, add teriyaki sauce to the pan (reserve 2 oz of sauce to plate with)
14. Cook for one minute to reduce sauce and to glaze beef.
15. When finished, remove from heat and add scallions and cashews. Mix to incorporate and reserve pan for plating.

### **Step 3. Plating**

16. Place cooked rice in the middle of the plate.
17. Top rice beef and sauce
18. Garnish beef with cilantro leaves and sesame seeds
19. Garnish plate with remaining teriyaki sauce
20. Serve and Enjoy!!!!

**Thank you for helping a family in need!**

**Please take a minute to help us get the word out about our CCK Project.**

Take any picture or video of you or your family cooking your recipes, being together in the kitchen or your completed dish and post them to our Facebook Page, Community Classroom Kitchen.

**Remember we are the #aweSOMecomUnity**