

Ben's Original™

Sesame Beef and Green Beans
RECIPE

Sesame Beef and Green Beans



TIME 20 min
INGREDIENTS 9 items
MAKES 4 servings

Bring some life to the table with this delicious and colourful creation: rich sirloin steak, freshly snapped green beans, a sprinkle of sesame seeds and BEN'S ORIGINAL™ SPICY STYLE Korean BBQ rice.

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INGREDIENTS

- 2 pouches (each 240g) of BEN'S ORIGINAL™ SPICY STYLE Korean BBQ Flavour
- 1 lb (500g) Sirloin steak, sliced thinly across the grain

- 1 tbsp (15mL) Soy sauce, reduced sodium
- 1 tsp (5mL) Sesame oil
- ½ tsp (2mL) Fresh grated ginger
- 4 cups (1 L) Green beans
- ½ cup (125mL) Water
- 1 tsp (5mL) Vegetable oil
- 1 tsp (5mL) Sesame seeds

INSTRUCTION

1. In a bowl, toss sliced steak with soy sauce, sesame oil and ginger.
2. In a large, non-stick skillet over medium-high heat add water and beans. Cover and steam for 5 minutes until tender-crisp. Remove beans from skillet and set aside.
3. Heat oil in the same large non-stick skillet over medium-high heat. Add beef slices and stir fry until browned, about 3 minutes.
4. Add steamed green beans back to skillet and toss to coat. Sprinkle with sesame seeds.
5. Heat BEN'S ORIGINAL™ SPICY STYLE Korean BBQ Flavour according to package directions.
6. To serve divide prepared BEN'S ORIGINAL™ SPICY STYLE Korean BBQ Flavour and top sesame beef and green beans. Enjoy!

RECIPE NOTES:

- The steak is easier to slice if you put it in the freezer for about 20 minutes first.
- Use frozen instead of fresh green beans, refer to package directions for timing.

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 356
- Carbohydrates (g) 45 g
- Fiber (g) 5 g
- Protein (g) 31 g
- Total Fat (g) 9 g
- Sodium (mg) 415 mg
- Sugars (g) 5 g

CATEGORIES :

[Beef](#), [less than 20](#), [Ready to Heat Rice](#)

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Thai Basil Beef

Cooking time

20 min

Ingredients

11 items



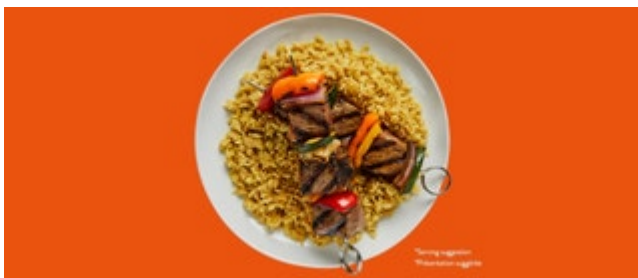
Korean Bibimbap

Cooking time

40 min

Ingredients

17 items



Smoky Maple Beef Brochette

Cooking time

20 min

Ingredients

11 items

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