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

MORE RECIPES LIKE THIS



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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