

Sesame Beef and Green Beans RECIPE

Sesame Beef and Green Beans



<?xml version="1.0"?>

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 $^{\text{TM}}$ 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. 1

In a bowl, toss sliced steak with soy sauce, sesame oil and ginger.

2. 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. 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 4

Add steamed green beans back to skillet and toss to coat. Sprinkle with sesame seeds.

5. 5

Heat BEN'S ORIGINAL™ SPICY STYLE Korean BBQ Flavour according to package directions.

6. 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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Cooking time

20 min

Ingredients

11 items

SEE DETAILS

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Korean Bibimbap

Cooking time

40 min

Ingredients

17 items

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Smoky Maple Beef Brochette

Cooking time

20 min

Ingredients

11 items

SEE DETAILS

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