

 4 servings

 10 mins prep

 10 mins cooking





One Pan Teriyaki Beef and Rice

INGREDIENTS

500g beef mince
4 green shallots
1 tbsp vegetable oil
½ cup teriyaki marinade
2 tsp cornflour
500g packet frozen stir-fry veggie mix
450g packet microwave long grain rice

DIRECTIONS

1. Finely chop shallots and slice remaining into thin strips. Place strips in a bowl of iced water to curl
2. Heat oil in frying pan over high heat. Add mince, cook for 5 mins. Combine teriyaki marinade and cornflour in small bowl and then add to beef, stir to combine. Add frozen vegetables. Cover and cook, stir for 5 mins or until vegetables are heated through
3. Warm the rice in the microwave, add chopped shallots. Drain curled shallots. Divide rice and spoon over teriyaki beef, top with shallot curls

NOTES