

Teriyaki Skewers With Stir-fried veg

How many it serves: 1

Preparation time: 10 Mins

Ingredients

For the teriyaki skewers:

150g/5 ¼oz beef steak
1 tbsp soy sauce 1 tbsp honey
2 small wooden skewers

For the stir fry:

175g/6oz of broccoli, cut into bite-sized pieces
1 clove garlic, finely chopped
½ tsp ground ginger
¼ red onion, finely sliced
½ tomato, chopped
1 tsp sesame oil
2 tbsp soy sauce

Method

To make the teriyaki skewers, cube the beef into bite-sized pieces.

Place the beef onto the wooden skewers.

Heat a griddle pan on a medium heat and add a splash of oil.

Place the skewers into the griddle pan and turn once browned.

Place the rest of the teriyaki ingredients into a bowl to make the sauce.

Brush the teriyaki sauce onto the skewers and cook for 3-4 minutes.

Take off the heat and allow to rest for one minute.

For the stir fry, blanch the broccoli in hot water for one minute.

Heat a medium-sized wok until it is almost smoking and add all of the stir-fry ingredients except the broccoli.

Cook for two minutes. Add the broccoli and cook for a further minute

To serve, place the stir fry onto a plate and add the skewers on top

