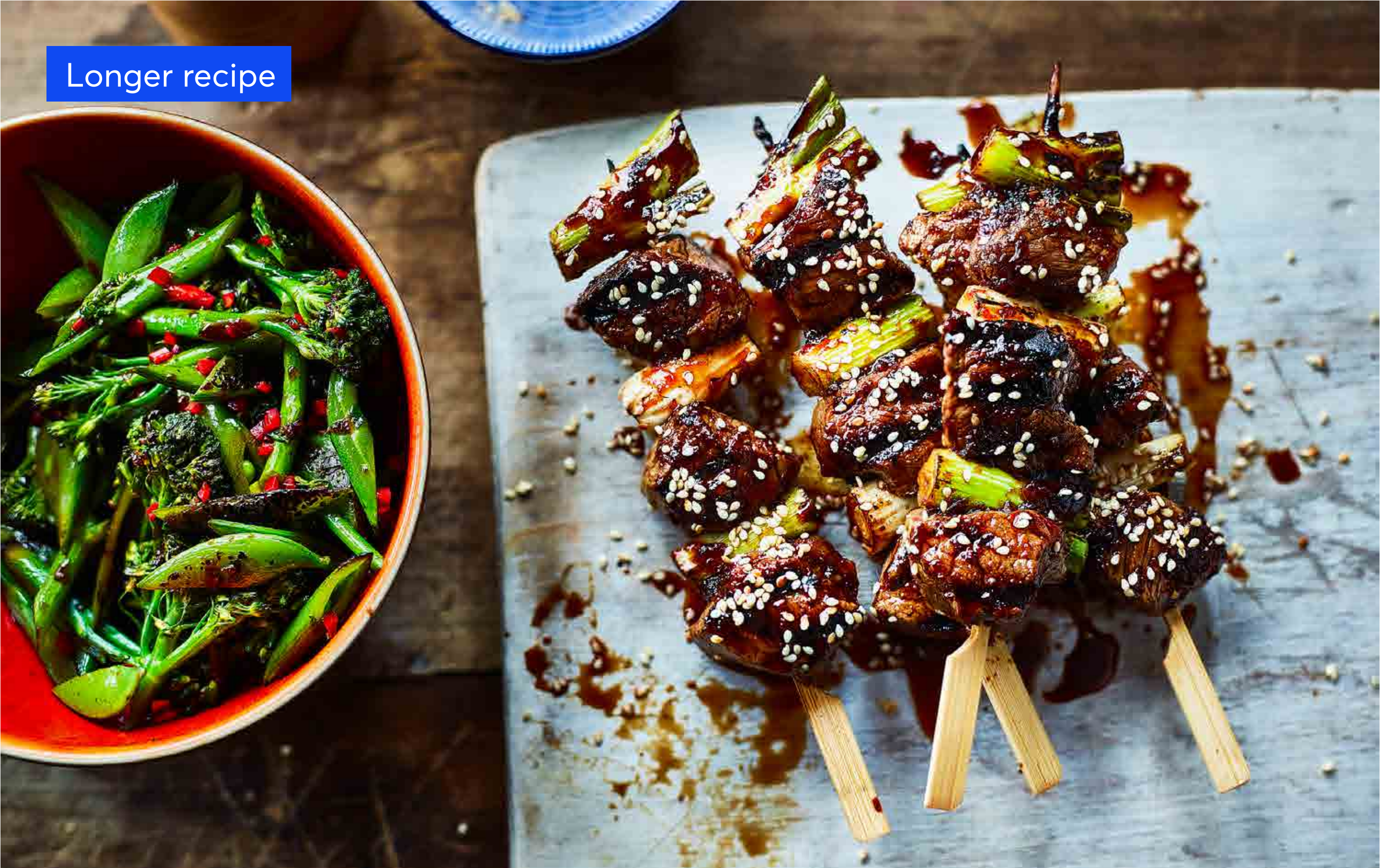


[Longer recipe](#)



# Teriyaki beef skewers with charred broccoli salad

*Serves 1*

2–3 tbsp dark soy sauce

1½ tsp brown sugar or honey

2 tsp rice vinegar or white wine vinegar

1 tsp sesame oil

1 clove of garlic, peeled and crushed

15g ginger, peeled and grated

145g sirloin steak, cut into bite-sized pieces

4 spring onions, cut into bite-sized pieces

1 tsp sesame seeds, toasted

1 tsp coconut oil

120g tenderstem broccoli, sliced

75g sugar snap peas, sliced

1 red chilli, deseeded and finely chopped



## Method

Whisk together the soy sauce, sugar, vinegar, sesame oil, garlic and ginger in a bowl then add the beef and spring onions and set aside to marinate: it needs at least 20 minutes but if you can leave it for a few hours it'll taste even better.

When you're ready to cook, preheat a griddle pan over a high heat. Drain the beef and spring onions, pour the remaining marinade into a small saucepan, bring to the boil then simmer for 5 minutes until reduced and sticky. Set aside to cool slightly.

Thread the beef and spring onions onto skewers, lay on the griddle and cook for 2 minutes on each side or until cooked to your liking. Set aside to rest for a couple of minutes. Brush with the teriyaki glaze and sprinkle over half of the toasted sesame seeds.

Heat a wok or large frying pan over a high heat and add the coconut oil. When the oil starts to smoke, throw in the broccoli and fry for 2 minutes. Add the sugar snaps and chilli, fry for a further 2 minutes then remove from the heat and season with any leftover teriyaki glaze. Stir through the remaining sesame seeds and serve with the beef skewers.