



Teriyaki Steak

WITH BOK CHOY AND MISO BUTTER RICE

Oven-Ready Plus



Prep & Cook Time

25-35 MIN

Cook Within

6 DAYS

You Will Need

Olive Oil, Salt
Medium Non-Stick Pan

Ingredients

- 12 oz. Sirloin Steaks
- ¼ oz. Toasted Sesame Oil
- .6 oz. Butter
- 🔪 1 tsp. Asian Garlic, Ginger & Chile Seasoning
- 2 tsp. Miso Sauce Concentrate
- ½ tsp. Multicolor Sesame Seeds
- 5 oz. Sliced Bok Choy
- 2 Green Onions
- 1 ½ fl. oz. Teriyaki Glaze
- 8 ½ oz. Cooked Jasmine Rice

Difficulty Level

EASY

Spice Level

MEDIUM

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/21728

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.



1. Start the Vegetables

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry. Set **butter** on counter to soften.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- In one provided tray, combine **white portions of green onions, bok choy, and sesame oil**.
- Bake uncovered in hot oven until vegetables start to soften, 6-8 minutes.
- While vegetables bake, continue recipe.



2. Sear the Steaks

- Pat **steaks** dry and season both sides with **Asian garlic, ginger & chile seasoning** (use less if spice-averse) and a pinch of **salt**.
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add steaks to hot pan and sear undisturbed until browned, 2-3 minutes per side.
- Remove from burner. Transfer steaks to second provided tray.
- While steaks sear, continue recipe.



3. Bake the Meal

- Tear a small slit in an upper corner of **rice bag** to vent. Place upright in microwave and heat, 45 seconds.
- Remove **rice** from packaging. Add **rice, softened butter, miso, sesame seeds, 1 Tbsp. water, and 1/4 tsp. salt** to tray with **vegetables**. Stir to thoroughly combine. Cover tray with foil.
- Bake both trays (rice and vegetables covered, steak uncovered) in hot oven until bok choy is tender, rice is heated through, and steaks reach a minimum internal temperature of 145 degrees, 6-8 minutes.
- **Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.**
- Carefully remove both trays from oven. Rest, 3 minutes.
- To serve, top steak with **teriyaki glaze** and **green portions of green onions**. Bon appétit!