



#### In your box

- ¼ tsp. Red Pepper Flakes
- ¾ cup Jasmine Rice
- ½ oz. Roasted Peanuts
- ½ oz. Mirin
- 3 fl. oz. Garlic Sesame Sauce
- 8 oz. Carrot
- 4 oz. Broccolini

#### Customize It Options

- 10 oz. Steak Strips
- 12 oz. Ground Turkey
- 10 oz. USDA Choice Sliced Flank Steak
- 20 oz. Steak Strips–Double Portion

\*Contains: wheat, peanuts, soy

#### You will need

- Olive Oil, Salt, Pepper
- Large Non-Stick Pan, Small Pot



## Japanese Steak Bento Bowl

with rice, broccolini, and roasted peanuts

NUTRITION per serving—Calories: 748, Carbohydrates: 85g, Fat: 26g, Protein: 39g, Sodium: 1638mg.

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

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

Prep & Cook Time

25-35 min.

Cook Within

6 days

Difficulty Level

Easy

Spice Level

Mild

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ If using fresh produce, thoroughly rinse and pat dry

### Customize It Instructions

- If using **flank steak**, follow same instructions as steak strips.
- If using 20 oz. **steak strips**, follow same instructions as 10 oz. steak strips, cooking in batches if necessary.
- If using **ground turkey**, follow same instructions as steak strips in Step 4, cooking with ¼ tsp. **salt** and a pinch of **pepper** and breaking up with a spoon until no pink remains and turkey reaches a minimum internal temperature of 165 degrees, 7-9 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Cook the Rice

- Bring a small pot with **rice**, 1½ cups **water**, and a pinch of **salt** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and set aside covered.
- While rice cooks, prepare ingredients.



2

### Prepare the Ingredients

- Trim bottom end from **broccolini** and cut into 2" lengths.
- Coarsely chop **peanuts**.
- Peel, trim, and cut **carrot** into ¼" slices on an angle.
- Separate **steak strips** into a single layer and pat dry. Season with ¼ tsp. **salt** and a pinch of **pepper**.



3

### Cook the Steak Strips

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **steak strips** to hot pan and stir occasionally until browned and steak reaches a minimum internal temperature of 145 degrees, 5-7 minutes.
- Remove from burner and transfer steak strips to a plate. Reserve pan; no need to wipe clean.



4

### Cook the Vegetables

- Return pan used to cook steak strips to medium heat and add 2 tsp. **olive oil**.
- Add **carrot**, **broccolini**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until tender, 5-7 minutes.



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### Finish the Dish

- Add **steak strips** and any accumulated juices, **garlic sesame sauce**, and **mirin** to hot pan. Stir until steak strips and **vegetables** are lightly glazed, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, placing steak strips and vegetables on **rice** and garnishing with **peanuts** and **red pepper flakes** (to taste). Bon appétit!