



Beef Teriyakidon Recipe

Preparation Time	45
Cooking Time	20
Serving Size	10

Ingredients:

- 1 kg beef, sirloin, sliced thinly and cut into strips
- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 1 Tbsp ginger, cut into strips
- 3/4 cup carrot, sliced thinly
- 3/4 cup sayote, sliced
- 2 cups togue
- 1/4 cup bell pepper, red, cut into strips
- 1 1/2 cups cabbage, shredded
- - soy sauce, to taste
- - pepper, to taste
- 1 Tbsp sesame seeds, toasted

Preparation:

1. Marinate beef in DEL MONTE Quick 'n Easy Barbecue Marinade.
2. Stir-fry the marinated beef in batches until just cooked. Set aside.
3. In the same pan, sauté ginger, carrot, and sayote for 3 minutes. Add togue, bell pepper, and cabbage. Season with soy sauce and pepper to taste, and remaining marinade if any. Sauté for a few minutes.
4. Serve with beef. Sprinkle with sesame seeds.

Chef's Tip

Fry the beef in small batches to make sure that the beef is browned properly. Stir frying all at once will cool down the pan and will cause the meat to release its juices, leaving the meat dry.

Lusog Notes

This dish is high in vitamin A which is important for the normal structure and functioning of the skin and other body linings. It also a source of iron that is needed for normal metabolism.

Cooking Skills Needed

- Sautéing
- Frying
- Mixing

Cooking Tools

- Chopping Board
- Spatula