

TERIYAKI STYLE STEAK DONBURI

Donburi is the Japanese equivalent of cheese on toast – quick, easy & satisfying! This is my interpretation, using readily available ingredients.



1 steak (150g)
1 tbsp soy sauce
1 tbsp dry sherry
2 tsp sugar
1 tsp grated ginger
1 clove garlic – grated
Handful of peppery salad leaves
Portion rice
½ spring onion – finely sliced
Wasabi paste or horseradish sauce to taste (optional)

Hints, Tips and Variations

- ◆ *Wheat, gluten & dairy free*
- ◆ *Fish and chicken, lamb or pork would also work well.*
- ◆ *Swap the salad for steamed vegetables.*
- ◆ *For rare steak, cook for 1 minute each side and well done, 3 min each side.*
- ◆ *Use whatever steak is within your budget - rump, rib-eye, sirloin or fillet.*

Mix the soy, sherry, sugar, ginger & garlic together. Pour over the steak and allow to marinate for 5 minutes or so.

While the steak is marinating, cook the rice & prepare the salad.

Heat a small frying pan to medium hot, add the steak and cook for 2 min each side for medium steak.

Remove the steak to a board or plate, add the remaining marinade to the pan and bubble to reduce the liquid to about 1 tablespoon.

To serve, arrange the rice and salad on a plate, slice the steak into strips at a 45 degree angle, arrange over the rice and spoon over the sauce. Garnish with the spring onion and serve with wasabi or horseradish.

Per serving 562Kcal, 44.7g Protein, 16.5g Fat (6g saturated), 51.3g Carbs, 8.4g Sugar, 1009mg salt