



Soy Glazed Beef Steaks on a Bed of Rice and Vegetables

15'
Hands on

8 hours'
Hands off

15'
Cook Time

2
Portion(s)

2
Difficulty



Method

For the marinade

- Combine the soy sauce and 1 teaspoon sugar in a bowl. Add the beef steaks and coat in glaze. Marinate for at least 30 minutes or for best results, cover bowl and refrigerate overnight.

For the rice

- Fill a [pot](#) with 2 liters boiling water, olive oil, salt, pepper and thyme. Add the rice. Place over high heat. As soon as it starts to bowl, cover pot and lower heat to medium. Cook for 12-15 minutes. When ready, drain and allow rice to strain over a bowl. Season with salt and pepper and place on a serving plate.

For the vegetable salad

- Peel the carrots and radishes with a knife or peeler. Thinly slice them into rounds with a mandolin or a sharp knife.
- Place a [pan](#) over medium to high heat. Add the olive oil and green beans. They need more time to cook. When they turn golden, add the carrots and some more olive oil.
- Add the wine and sugar. Squeeze the lime over the pan. Add the radishes and remove from heat.
- Transfer vegetables to a plate.

For the steaks

- Drizzle steaks with 2 tablespoons olive oil. Place a pan over high heat and brown them on both sides.
- Add the marinade and mix for 2 minutes. Remove from heat and let the steaks rest for 2 minutes before cutting and serving.
- When ready, slice the steaks on a cutting board. Serve with warm vegetables and rice.

Ingredients

For rice

- 250 g basmati rice
- salt
- pepper
- thyme

For steaks

- 2 tablespoons soy sauce, for marinade
- 2 teaspoons sugar, for marinade
- 2 beef steaks
- olive oil
- pepper

For vegetable salad

- 3 carrots
- 200 g green beans
- 10 radishes
- olive oil
- pepper
- salt
- thyme
- 2 tablespoons wine
- 2 teaspoons sugar
- ½ lime

Διατροφικός πίνακας

Nutrition information per 100 gr.

145 Calories (kcal)	3.4 Total Fat (g)	0.88 Saturated Fat (g)	19.2 Total Carbs (g)
7%	5%	4%	7%
3.6 Sugars (g)	8.4 Protein (g)	1.5 Fibre (g)	0.47 Sodium (g)
4%	17%	6%	8%