



# Teriyaki Beef Skewers with Grilled Asparagus and Sesame Dressing

**Makes:** 2

**Prep time:** 5 minutes plus marinating time

**Cook time:** 5 minutes

## Ingredients:

450g sirloin steak, trimmed of fat and cut into thin strips against the grain

60ml soy sauce

60ml mirin

60ml sake

1 tablespoon honey

2 cloves garlic, crushed or finely grated

½ teaspoon chilli flakes

1 teaspoon finely chopped ginger

200g asparagus

1 teaspoon sesame oil

1 teaspoon sesame seeds

1 tablespoon soy sauce

2 teaspoons rice vinegar

These quick cook skewers are packed with flavour and very simple to make. Grill them quickly over high heat so that the marinade caramelises and the inside stays lovely and tender. Asparagus is a great seasonal accompaniment but you could also use other green vegetables, like Tenderstem broccoli.

## Method:



**1.** Combine soy, mirin, sake, garlic and ginger in a small saucepan. Bring to a simmer and reduce by half.

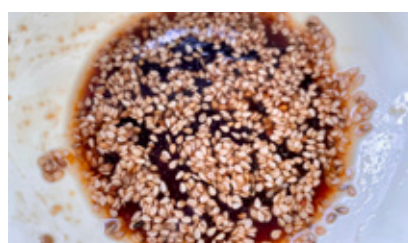
**2.** Allow the marinade to cool, then marinate the beef for half an hour.

**3.** Combine the sesame oil, sesame seeds, soy sauce and rice vinegar and set aside.

**4.** Heat two gas burners on the Jupiter Outback BBQ and set the heat to medium-high.

**5.** Once hot, thread the beef onto skewers.

**6.** Grill for a few minutes each side, or until caramelised.





**Method Continued:**

7. Grill the asparagus for around 5 minutes.
8. Combine the asparagus with the sesame dressing, and serve with the beef.

