



## Ingredients

- 1 pkt MAGGI Teriyaki Bowls Marinade & Drizzle
- 500 g Lean beef strips
- 500 g Cooked Brown Rice
- 2 tsps Vegetable Oil
- 6 cups Veggies of your choice

## Instruction

1. Pull apart the two sachets.
2. Cook the rice according to the directions on the packet.
3. In a medium sized bowl, combine the quick marinade and beef strips. Marinate for 5 mins.
4. Heat 2 tsp oil in a frying pan over high heat. Fry beef strips for 5 mins or until cooked through. Add to pan any other veggies of your choice you want cooked through.
5. Build your bowls with cooked brown rice, your favourite veggies and beef strips. Add the drizzle as a dressing to each bowl and enjoy!

### Nutrition

Carbohydrates	74.85 g
Energy	570.81 kcal
Fats	13.5 g
Protein	36.66 g

🕒 25 Minutes

⊕ 4