

SNQ

Approx.  
Cook Time:  
**2 hrs**



## Nutrition Facts

**Serving size** 1 meal (308g)

1 Serving: 1 Filet (141.7g), Jasmine Rice 1/3 cup (56.5g), Broccoli Florets 1 cup (71g), Teriyaki 1 tbsp (15ml), Sesame Seeds 1/4 tsp (1.75g), Fried Onions 2 tbsp (7g), Vegetable Oil 1/2 tbsp (7.5ml)

**Amount per serving**

**Calories** **590**

% Daily Value\*

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 29g          | <b>37%</b> |
| Saturated Fat 5g              | <b>25%</b> |
| Trans Fat 0g                  | <b>0%</b>  |
| <b>Cholesterol</b> 85mg       | <b>28%</b> |
| <b>Sodium</b> 660mg           | <b>29%</b> |
| <b>Total Carbohydrate</b> 46g | <b>17%</b> |
| Dietary Fiber 3g              | <b>11%</b> |
| Total Sugars 5g               | <b>0%</b>  |
| Includes 4g Added Sugars      | <b>8%</b>  |

**Protein** 36g

Vit. D 0mcg 0% • Calcium 110mg 8%  
Iron 2.9mg 15% • Potas. 750mg 15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Due to the long sous vide cook time some temperature settings are below the FDA recommended temperatures. Please use caution when cooking below the FDA recommended temperatures.

## Teriyaki Sirloin Steak

with Sesame Roasted Broccoli

**Ingredients:** Beef, Canola Oil, Salt, And Pepper, Broccoli, Jasmine Rice, Soy Sauce (Water, Wheat, Soybeans, Salt), Sugar, Water, Modified Food Starch, Onion Juice, Vinegar, Natural Flavor, Garlic Powder, Malic Acid, Spice, Disodium Inosinate, Disodium Guanylate, Sodium Benzoate Less Than 1/10 Of 1% As A Preservative, Vegetable Oil, Sesame Oil (White Sesame Seeds), Soybean Oil, Onion

**ALLERGENS:** Contains Wheat, Soy.

### Collect the following:

|                  | 2 servings (pcs) | 4 servings (pcs) |
|------------------|------------------|------------------|
| Sirloin Steak    | 2                | 4                |
| Jasmine Rice     | 1                | 2                |
| Broccoli Florets | 1                | 2                |
| Fried Onions     | 1                | 2                |
| Sesame Oil       | 1                | 2                |
| Teriyaki         | 1                | 2                |



Questions? Email [help@suvie.com](mailto:help@suvie.com)

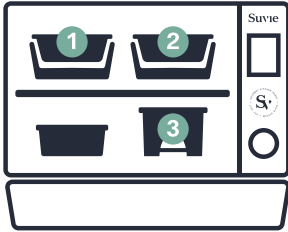
# Teriyaki Sirloin Steak

## with Sesame Roasted Broccoli

Hold this corner  
to logo on Suvie



Collect from your pantry:  
**salt, pepper**



### 1. Vegetables: **Broccoli Florets**

Open package & pour into Suvie pan. Place pan in **upper left** cooking zone.

### 2. Protein: **Sirloin Steak**

**Don't cut open packages!** Place in Suvie pan and fully cover with water. Place in **upper right** cooking zone.

### 3. Starch: **Jasmine Rice**

Pour into strainer. **Do not add water.** Place in bottom **right cooking zone** with FRONT facing outwards. **Don't forget to add salt!**

### 4. Sauce: **Teriyaki**

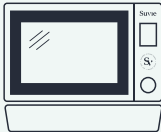
If using from frozen, thaw before use. Keep in fridge during the cook.

### 5. Garnishes: **Sesame Oil, Fried Onions**

Keep garnishes in fridge.

### 6. Scan this card

Hold **the corner of this card** to the logo on Suvie until scanned.



### 7. Set Suvie

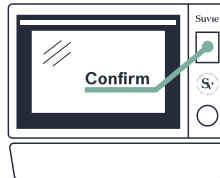
- **Don't forget to fill the reservoir** to the fill line indicated.
- Choose **Cook Now, Refrigerate, or Schedule** on the screen.
- You can also **customize** the cook times to your liking!
- Wait until cook is done before proceeding to the steps below.



8. Carefully remove pan **(it will be hot!)** with **sirloin steak** from Suvie. Remove **steaks** from packaging & discard any liquid. Pat dry.



9. Season the **broccoli** with **sesame oil, sesame seeds, salt & pepper** to taste. Return to Suvie.



10. Confirm broil times on Suvie screen. Close Suvie door & select "**Start Broil.**" Return pan to Suvie.



11. Heat a skillet over high heat. Sear for 1-2 min per side flipping every 30 seconds until the steak is browned.



12. Remove skillet from heat & add **teriyaki sauce**. Swirl to coat steaks in sauce, then move to a cutting board.



13. After the broil remove the starch pan & season **rice** to taste with salt.



14. Divide rice between plates, top with the broccoli & steak. Garnish with the teriyaki sauce from the skillet & **fried onions. Enjoy!**