

# Quick Teppan-Yaki

Serves: 4

Prep Time: 30 minutes

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## INGREDIENTS

- (400 grams) Rump Steak
- (1 med) Green Capsicum
- (1 med) Eggplant
- (2 cup) Button Mushroom
- (1 1/2 cup) Green Cabbage
- (2 tbsp) Fish Sauce
- (1/2 cup) Lemon Juice
- (1 tbsp) Mirin
- (3/4 cup) Basmati Rice
- (4 tbsp) Vegetable Oil

## PROCEDURE

1. Teppan-Yaki only takes minutes to cook but it is important to have all of the food preparation done before you start.
2. Cut the capsicum into 3cm strips and then the eggplant and cabbage into similar sized pieces, cut the stem of the mushrooms so they can sit flat and clean with a dry paper towel.
3. Once all the food prep is done using ideally a cast iron pan otherwise the heaviest pan you have heat the pan until it is very hot.
4. While the pan is heating up combine the soy, lemon and mirin for the cheats version of ponzu dipping sauce.
5. You will be cooking all the ingredients in the same pan starting with the steak cooking for 2-3 minutes on each side, followed by the eggplant, capsicum, cabbage and mushrooms in any order you desire.
6. Serve the steak and vegetables with the cheats ponzu sauce and rice cooked as per packet instructions.