

Hawaiian Beef Teriyaki StirFry Bowl

Jacob · 30/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

1 hr 30 mins

Description

This beef teriyaki bowl is not only easy to fix but has a taste of the islands

Ingredients

- - 1 cup water - ¼ cup pineapple juice - 5 tablespoons brown sugar - 1 tablespoon tamari - 1 clove garlic
- grated - ½ teaspoon ginger paste - ? teaspoon onion powder - 1 tablespoon tapioca flour - 1 (8 ounce) thinly sliced carne asada (beef steak) - 1 tablespoon grapeseed oil - 1 pinch red pepper flakes - 1 red bell pepper
- cut into strips - 1 green bell pepper
- cut into strips - 1 small yellow onion
- quartered and sliced - 2 carrots
- sliced diagonally - 14 ounces refrigerated chow mein noodles - 1 teaspoon everything bagel seasoning - 1 tablespoon chopped green onion
- or to taste

Instructions

1. Mix water
2. pineapple juice
3. brown sugar
4. tamari
5. garlic
6. ginger paste
7. and onion powder together in a resealable zip-top bag. Reserve 1/2 cup marinade
8. add tapioca flour to reserved marinade and set aside. Cut beef into 1-inch pieces; add to the marinade in the bag
9. seal the bag
10. and refrigerate for 45 minutes. Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Add oil; add red pepper flakes and sirloin pieces
11. discarding marinade. Saute until browned
12. 5 to 7 minutes. Place bell peppers
13. onion
14. and carrots in a steamer bucket. Place bucket on top of meat. Hit Cancel. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 3 minutes. Allow 10 to 15 minutes for pressure to build. Release pressure carefully using the quick-release method according to manufacturer's instructions
15. about 5 minutes. Unlock and remove the lid. Carefully remove vegetable bucket. Set aside. Switch to Saute function and add noodles. Pour in the reserved marinade with tapioca; stir until sauce is thickened. Add in vegetables. Toss to combine. Serve immediately in bowls; top with everything bagel seasoning and garnish with green onion. Editor's Notes: Nutrition data for this recipe includes the full amount of marinade ingredients. The actual amount of marinade consumed will vary. This recipe appeared in Allrecipes Magazine and was modified to use udon noodles in place of chow mein noodles.