



MEAT WRAPPED  
VEGETABLES

# Niku-maki

## Ingredients

*(Makes 2 servings)*

Thinly sliced pork or beef ..... 200g

Soy sauce, mirin & sake (mix all well) . . 2tbsp (each)

Miscellaneous vegetables  
(capsicum, pumpkin, long bean, okra, potato, use any  
vegetables you like)

Salt and pepper to taste

Sesame oil

\*Optional - cheese, ginger, chilli, garlic

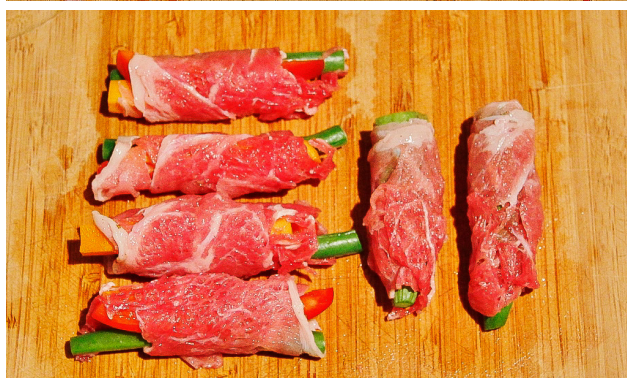




## Method



1. Cut vegetables into 5mm x 150mm. Blanch the vegetables by putting them in boiling water for 30 seconds, then remove them to stop the cooking.



2. Place the thinly sliced meat on a cutting board and lightly season with salt and pepper.
3. Put the vegetables on the meat, and then tightly roll up.



4. Heat a frying pan over medium heat, spread sesame oil on the pan and put the meat rolls seam side down. Cook until the outside is good and brown.



5. Add seasoning mixture into the frying pan and allow the meat to absorb the flavors. Keep turning the meat to ensure it gets evenly covered. Once the sauce has boiled down and been absorbed into the meat, remove the meat from the pan.
6. Cut into halves.