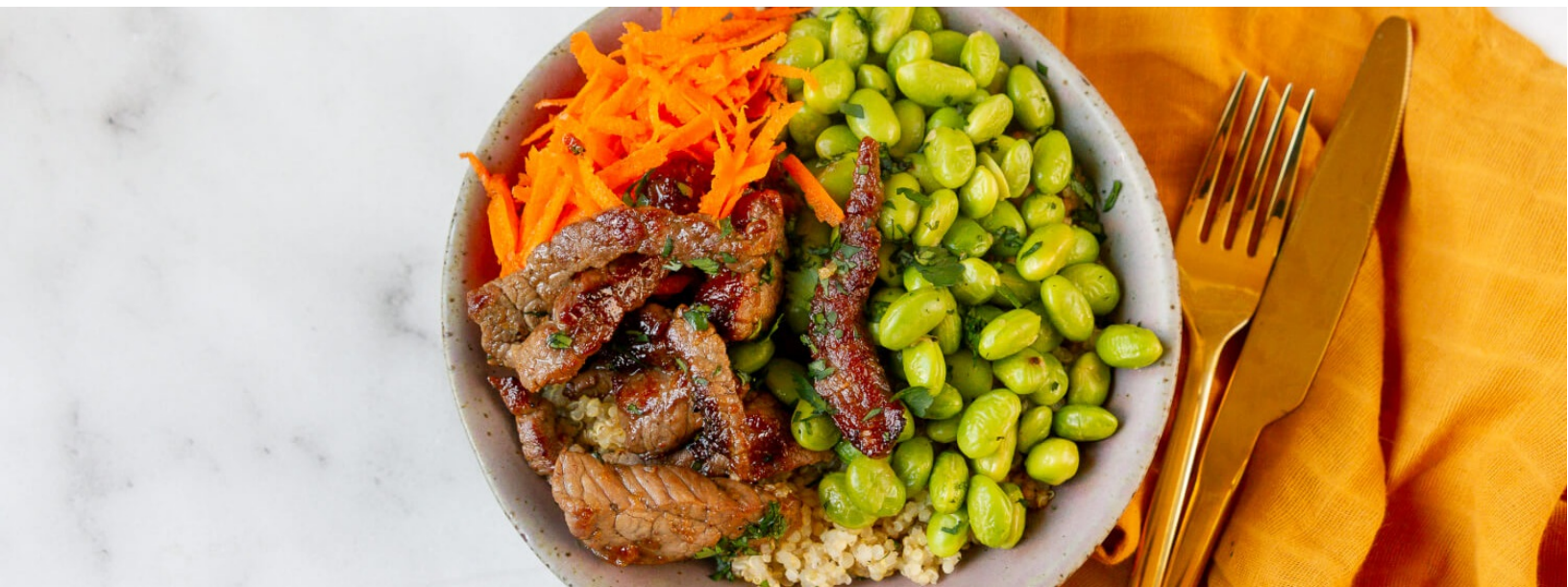


# Teriyaki Steak, Edamame & Quinoa Bowl

9 ingredients · 20 minutes · 4 servings



## Directions

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1. Cook the quinoa according to the package directions. Add the edamame on top of the quinoa in the final five minutes of cooking, cover, and steam. Set aside.
2. Add the oil to a pan over medium high heat. Add the shallot, garlic, and steak. Cook for two to three minutes or until the steak is browned. Remove the pan from the heat.
3. Add the teriyaki sauce to the skillet and toss the steak in the sauce.
4. Add the quinoa, edamame, steak, and carrot to a bowl. Garnish with cilantro and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is 1/2 cup of cooked quinoa and 1/3 cup of edamame with steak.

### Make it Vegan

Omit the steak, add chickpeas, more edamame, or lentils instead.

### More Flavor

Add chopped green onions and/or red chili flakes while the steak cooks.

### Additional Toppings

Sesame seeds.

## Ingredients

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- 1 cup Quinoa (dry)
- 1 1/3 cups Frozen Edamame
- 2 2/3 tbsps Extra Virgin Olive Oil
- 1/4 cup Shallot (minced)
- 2 Garlic (clove, large, minced)
- 1 1/4 lbs Top Sirloin Steak (sliced thin)
- 1/4 cup Teriyaki Sauce
- 2 Carrot (shredded)
- 1 1/3 tbsps Cilantro (minced)