

# Teriyaki Wagyu Rolls



**440 kcal**  
(per serving)



**30 min**



Children will be impressed by these attractive rolls featuring vegetables wrapped in slices of Wagyu. Excellent for serving at a party.

## Makes 2 servings

Wagyu bottom round (sliced)	4 slices
Cooked rice	200 g
Carrot	1/3 (70 g)
Green beans	2 (20 g)
Egg	1
Leaf lettuce	6 leaves
Vegetable oil	1 and 1/4 teaspoons

## Teriyaki Sauce

Soy sauce	4 tablespoons
Sugar	4 tablespoons
Mirin	4 tablespoons
Sake	2 tablespoons

1. Cook the rice. Leave to cool.
2. Cut the carrot and green beans into large strips about 5 mm wide. In a pot of boiling water, blanch carrot and green beans for about 90 seconds.
3. In a bowl, beat the egg. Heat oil in a frying pan and add egg over low heat, making an egg crepe.
4. Make the teriyaki sauce. In a frying pan, add sauce ingredients (soy sauce, sugar, mirin, sake) and simmer until sauce thickens.
5. On a bamboo mat or piece of cling film, spread Wagyu slices flat and layer with egg crepe, followed by the cooked rice. Place blanched carrot and green beans in center of rice.
6. Roll up bamboo mat (or cling film) to form a roll.
7. Place beef roll in frying pan with teriyaki sauce and saute over low heat while turning, until sauce is absorbed.
8. Cut roll into pieces and arrange on a plate lined with leaf lettuce.