



# Japanese-Style Beef & Veggies

with Rice & Coconut Sweet Chilli Mayo

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Jasmine Rice



Long Chilli (Optional)



Garlic



Celery



Carrot



Green Beans



Ginger Paste



Beef Strips



Japanese Style Dressing



Coconut Sweet Chilli Mayonnaise



Beef Rump

Prep in: 20-30 mins  
Ready in: 20-30 mins

Full of flavour, texture and colour, this is how dinner should always be done! From the succulent seared beef to the bright green beans and the kick of the chilli, every bite will have you wanting more.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce, Honey

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
long chilli  (optional)	½	1
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
garlic	1 clove	2 cloves
celery	1 medium bag	1 large bag
carrot	1	2
green beans	1 small bag	1 medium bag
ginger paste	1 medium packet	1 large packet
<b>soy sauce*</b>	2 tbs	¼ cup
<b>honey*</b>	1 tbs	2 tbs
beef strips	1 small packet	2 small packets OR 1 large packet
Japanese style dressing	1 packet	2 packets
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
beef rump**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3065kJ (733Cal)	733kJ (175Cal)
Protein (g)	36.6g	8.8g
Fat, total (g)	31g	7.4g
- saturated (g)	5.2g	1.2g
Carbohydrate (g)	75.6g	18.1g
- sugars (g)	15.4g	3.7g
Sodium (mg)	494mg	118mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2957kJ (707Cal)	667kJ (159Cal)
Protein (g)	37.8g	8.5g
Fat, total (g)	27.6g	6.2g
- saturated (g)	3.5g	0.8g
Carbohydrate (g)	75.5g	17g
- sugars (g)	15.4g	3.5g
Sodium (mg)	499mg	113mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Cook the rice

- In a medium saucepan, add the **water** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**.
- Remove pan from heat and keep covered until rice is tender and water is absorbed, **12 minutes**.

3



## Cook the veggies & beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **celery**, **carrot** and **green beans**, tossing, until tender, **4-5 minutes**. Transfer **veggies** to a medium bowl. Add **Japanese style dressing**, tossing to coat.
- Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips**, in batches (shake off any excess marinade as you go), until browned, **1-2 minutes**.

**TIP:** Cooking the beef in batches over high heat helps it stay tender.

2



## Pickle the chilli & get prepped

- Meanwhile, thinly slice **long chilli** (if using).
- In a small bowl, combine the **vinegar** and a generous pinch of **sugar** and **salt**. Add **chilli** to pickling liquid. Add just enough water to cover **chilli**, then set aside.
- Finely chop **garlic**. Thinly slice **celery**. Thinly slice **carrot** into half moons. Trim and halve **green beans**.
- In a medium bowl, combine **garlic**, **ginger paste**, the **soy sauce** and **honey**. Add **beef strips**, tossing to coat. Set aside.

**Custom Recipe:** If you've upgraded to beef rump, cut beef into thin strips. Combine beef rump strips with marinade as above and continue.

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## Serve up

- Drain pickled **chilli**.
- Divide rice between bowls. Top with Japanese-style beef and veggies.
- Serve with a spoonful of pickled **chilli** and a dollop of **coconut sweet chilli mayonnaise**. Enjoy!

**TIP:** Some like it hot, but if you don't just hold back on the chilli.

## Rate your recipe

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