

Japanese-Style Beef & Veggies

with Rice & Coconut Sweet Chilli Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Long Chilli (Optional)



Garlic



Celery



Carrot



Zucchini



Ginger Paste



Beef Strips



Japanese Style Dressing



Coconut Sweet Chilli Mayonnaise



Beef Rump

Recipe Update

We've replaced the green beans in this recipe with zucchini due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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 veggies 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
long chilli  (optional)	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
garlic	1 clove	2 cloves
celery	1 medium packet	1 large packet
carrot	1	2
zucchini	1	2
ginger paste	1 medium packet	1 large packet
soy sauce*	2 tbs	¼ cup
honey*	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 medium packet	1 large packet
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)	3043kJ (727Cal)	728kJ (173Cal)
Protein (g)	37.2g	8.9g
Fat, total (g)	30.1g	7.2g
- saturated (g)	4.8g	1.1g
Carbohydrate (g)	75.7g	18.1g
- sugars (g)	15.6g	3.7g
Sodium (mg)	466mg	111mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2957kJ (706Cal)	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)	473mg	107mg

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 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



1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.

3



Cook the veggies & beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **celery**, **carrot** and **zucchini**, 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**.

Custom Recipe: Cook marinated beef rump strips, in batches, as above.

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** and **zucchini** into half moons.
- 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. Marinate beef as above.

4



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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