



Japanese-Style Beef & Mushroom Rice Bowl

with Pickled Onion & Sesame Aioli

HALL OF FAME

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Garlic



Green Beans



Baby Spinach Leaves



Carrot



Oyster Sauce



Garlic Aioli



Sesame Dressing



Ginger Paste



Beef Mince



Sliced Mushrooms



Pork Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

Who said beef mince is just for bolognese? Give this juicy protein a Japanese-inspired twist by lacing it with ginger and oyster sauce and serving over jasmine rice. Complete the dish with zingy pickled onion and a dollop of creamy sesame aioli.

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, Brown Sugar

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
olive oil*	refer to method	refer to method
water*	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
garlic	2 cloves	4 cloves
green beans	1 small packet	1 medium packet
baby spinach leaves	1 small packet	1 medium packet
carrot	1	2
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
garlic aioli	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
ginger paste	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
sliced mushrooms	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3584kJ (857Cal)	642kJ (153Cal)
Protein (g)	38.9g	7g
Fat, total (g)	39.1g	7g
- saturated (g)	8.6g	1.5g
Carbohydrate (g)	85g	15.2g
- sugars (g)	19.9g	3.6g
Sodium (mg)	1966mg	352mg
Dietary Fibre (g)	24.3g	4.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3556kJ (850Cal)	637kJ (152Cal)
Protein (g)	35.5g	6.4g
Fat, total (g)	40g	7.2g
- saturated (g)	8.2g	1.5g
Carbohydrate (g)	85g	15.2g
- sugars (g)	19.9g	3.6g
Sodium (mg)	1965mg	352mg
Dietary Fibre (g)	24.3g	4.4g

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.

1



Cook the rice

- In a medium saucepan, bring the **water** to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat. Keep covered until rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

4



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** and **ginger paste** until fragrant, **1 minute**.
- Add **beef mince** and **sliced mushrooms** and cook, breaking up mince with a spoon, until browned, **3-4 minutes**.
- Add **carrot** and **green beans** and cook, stirring, until starting to soften, **3-4 minutes**.
- Add **baby spinach leaves** and cook until wilted, **1-2 minutes**.

Custom Recipe: If you've swapped to pork mince, cook pork in the same way as above.

2



Pickle the onion

- Meanwhile, thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **vinegar** and a generous pinch of **salt** and **sugar**. Scrunch **sliced onion** in your hands, then add to **pickling liquid**. Add enough water to just cover onion. Set aside.

5



Make it saucy

- Stir in **oyster sauce mixture** and cook, tossing, until beef and veggies are coated and sauce is heated through, **1 minute**.

3



Get prepped

- Finely chop **garlic**.
- Trim and halve **green beans**.
- Roughly chop **baby spinach leaves**.
- Grate **carrot**.
- In a small bowl, combine **oyster sauce**, the **soy sauce** and **brown sugar**.
- In a second small bowl, combine **garlic aioli** and **sesame dressing**. Set aside.

6



Serve up

- Drain pickled onion.
- Divide rice between bowls.
- Top with Japanese-style beef and mushrooms and some pickled onion.
- Dollop over sesame aioli to serve. Enjoy!

Custom Recipe: Top rice with Japanese-style pork and mushrooms and some pickled onion as above.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW18

