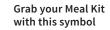


Japanese-Style Beef & Mushroom Rice Bowl with Pickled Onion & Sesame Aioli

HALL OF FAME









Green Beans







Baby Spinach Leaves

Carrot

Oyster Sauce





Sesame Dressing

Ginger Paste





Beef Mince

Sliced Mushrooms





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

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.

Eat Me Early

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

ingi edients				
	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	1/2	1		
vinegar* (white wine or rice wine)	1/4 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	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.



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!



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.



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.



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.



Make it saucy

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



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.





