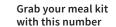


Vietnamese Caramelised Beef Bowl

with Rice, Rainbow Slaw & Aioli

KID FRIENDLY















Pea Pods



Oyster Sauce





Ginger Paste





Crushed Peanuts







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

This bountiful bowl has "new favourite" written all over it! The oyster sauce and ginger paste are the key ingredients, giving a delicious flavour kick to the beef mince. With a crunchy rainbow slaw, rice and a dollop of aioli to top things off, you'll happily devour this dish with speed.

Pantry items

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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
basmati rice	1 medium packet	1 large packet	
carrot	1	2	
pea pods	1 small packet	1 medium packet	
garlic	2 cloves	4 cloves	
vinegar* (white wine or rice wine)	drizzle	drizzle	
shredded cabbage mix	1 medium packet	1 large packet	
oyster sauce	1 medium packet	1 large packet	
ginger paste	1 medium packet	1 large packet	
brown sugar*	1½ tsp	3 tsp	
soy sauce*	1 tbs	2 tbs	
water*	2 tbs	1/4 cup	
beef mince	1 medium packet	2 medium packets OR 1 large packet	
crushed peanuts	1 medium packet	1 large packet	
garlic aioli	1 medium packet	1 large packet	
*n			

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3582kJ (856Cal)	863kJ (206Cal)
Protein (g)	38.8g	9.3g
Fat, total (g)	42.2g	10.2g
- saturated (g)	8.9g	2.1g
Carbohydrate (g)	79g	19g
- sugars (g)	15.8g	3.8g
Sodium (mg)	1847mg	445mg
Dietary Fibre (g)	14.5g	3.1g

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

- 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.



Get prepped

- While the rice is cooking, grate carrot. Trim and roughly chop pea pods.
 Finely chop garlic.
- In a large bowl, combine a drizzle of vinegar and olive oil. Season with salt
 and pepper. Add carrot, pea pods and shredded cabbage mix. Toss to
 combine and set aside.
- In a small bowl, combine oyster sauce, ginger paste, garlic, the brown sugar, soy sauce and water.



Cook the beef

- Heat a large frying pan over high heat. Cook beef mince (no need for oil!), breaking up with a spoon, until just browned, 3-4 minutes.
- Stir in **oyster sauce mixture** and cook until combined, **1 minute**. Season with **pepper**.



Serve up

- · Divide rice between bowls.
- Top with Vietnamese caramelised beef and rainbow slaw.
- · Garnish with crushed peanuts.
- Dollop with **garlic aioli** to serve. Enjoy!









if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

