



Teriyaki Beef Donburi Bowl

with Japanese Sesame Salad & Pickled Ginger

NEW

KID FRIENDLY

Grab your meal kit with this number

35



White Rice



Carrot



Cucumber



Mixed Salad Leaves



Sesame Dressing



Beef Strips



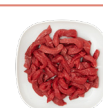
Teriyaki Sauce



Mixed Sesame Seeds



Pickled Ginger



Beef Strips



Peeled Prawns

Prep in: 10-20 mins
Ready in: 15-25 mins

Protein Rich

For our take on the Japanese 'donburi', we decided that it would only be right to lace tender beef strips with an umami teriyaki sauce. With an equally tasty Japanese style salad and a bed of fluffy rice, this dish gets 5 stars from us. Arigato!

Pantry items

Olive Oil, Brown Sugar

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

	2 People	4 People
olive oil*	refer to method	refer to method
white rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
carrot	1	2
cucumber	1	2
mixed salad leaves	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
beef strips	1 medium packet	2 medium packets OR 1 large packet
teriyaki sauce	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
mixed sesame seeds	1 medium sachet	1 large sachet
pickled ginger	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2979kJ (712cal)	348kJ (83cal)
Protein (g)	38.2g	4.5g
Fat, total (g)	24.7g	2.9g
- saturated (g)	6g	0.7g
Carbohydrate (g)	82.5g	9.6g
- sugars (g)	18.1g	2.1g
Sodium (mg)	1140mg	133mg
Dietary Fibre (g)	21.3g	2.5g

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

- Rinse and drain **white rice**.
- Add the **water** to a medium saucepan and bring to the boil.
- Add **rice**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove pan from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

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

3



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips**, tossing, in batches, until browned and cooked through, **1-2 minutes**.
- Return all **beef** to pan, then add **teriyaki sauce** and the **brown sugar** and toss to combine.

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

2



Toss the salad

- Meanwhile, grate **carrot**.
- Roughly chop **cucumber**.
- In a large bowl, combine **carrot, cucumber, mixed salad leaves** and **sesame dressing**. Toss to combine. Season to taste with **salt** and **pepper**.

4



Serve up

- Divide rice between bowls.
- Top with Japanese sesame salad and teriyaki beef. Spoon over any remaining teriyaki sauce.
- Garnish with **mixed sesame seeds**.
- Serve with **pickled ginger**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

