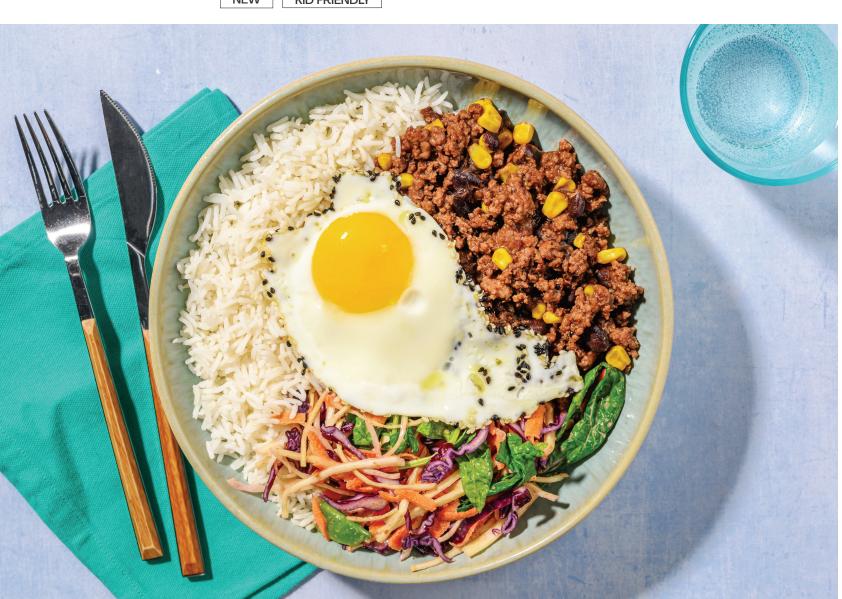
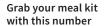


Asian-Style Beef & Black Bean Rice Bowl with Sesame Slaw & Fried Egg

NEW

KID FRIENDLY















Pea Pods

Sweetcorn





Bean Sauce



Mixed Sesame

Seeds





Baby Spinach Leaves



Sesame Dressing





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	
garlic	3 cloves	6 cloves	
white rice	1 medium packet	1 large packet	
butter*	20g	40g	
water* (for the rice)	1¼ cups	2½ cups	
sweetcorn	1 medium tin	1 large tin	
pea pods	1 small packet	1 medium packet	
sweet black bean sauce	1 packet	2 packets	
ginger paste	1 medium packet	1 large packet	
soy sauce*	1½ tbs	3 tbs	
water* (for the sauce)	1 tbs	2 tbs	
mixed sesame seeds	1 medium sachet	1 large sachet	
eggs*	2	4	
beef mince	1 medium packet	2 medium packets OR 1 large packet	
slaw mix	1 small packet	1 large packet	
baby spinach leaves	1 small packet	1 medium packet	
sesame dressing	1 medium packet	2 medium packets	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3577kJ (855cal)	370kJ (88cal)
Protein (g)	43g	4.4g
Fat, total (g)	36.7g	3.8g
- saturated (g)	13.7g	1.4g
Carbohydrate (g)	84.2g	8.7g
- sugars (g)	15.9g	1.6g
Sodium (mg)	1284mg	132.8mg
Dietary Fibre (g)	25.1g	2.6g

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 garlic rice

- Finely chop garlic. Rinse and drain white rice.
- In a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- Cook half the garlic until fragrant, 1-2 minutes.
 Add the water (for the rice) and a generous pinch of salt and bring to the boil.
- Add rice, stir, cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove 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!



Cook the beef & corn

- Wipe out frying pan and return to high heat with a drizzle of olive oil.
- Cook beef mince and corn, breaking up mince with a spoon, until just browned, 3-4 minutes.
- Reduce heat to medium, then stir in the sauce mixture, until bubbling, 1 minute. Season to taste.

TIP: For best results, drain the oil from the pan before cooking the sauce.



Get prepped

- Meanwhile, drain sweetcorn.
- · Trim and roughly chop pea pods.
- In a small bowl, combine sweet black bean sauce, ginger paste, the soy sauce, water (for the sauce) and remaining garlic.



Fry the eggs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, sprinkle mixed sesame seeds into the pan then crack over the eggs. Cook until egg whites are firm and yolks are cooked to your liking, 4-5 minutes. Transfer to a plate, season with salt and pepper and cover to keep warm.



Assemble the slaw

 Meanwhile, in a large bowl, combine slaw mix, baby spinach leaves, pea pods and sesame dressing. Season to taste.



Serve up

- · Divide garlic rice between bowls.
- Top with Asian-style beef and black bean mixture, sesame slaw and a fried egg to serve. Enjoy!







Follow method above, cooking in batches if necessary.

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

