



# Asian-Style Beef & Black Bean Rice Bowl

with Sesame Slaw & Fried Egg

NEW

KID FRIENDLY

Grab your meal kit with this number

39



Garlic



White Rice



Sweetcorn



Pea Pods



Sweet Black Bean Sauce



Ginger Paste



Mixed Sesame Seeds



Beef Mince



Slaw Mix



Baby Spinach Leaves



Sesame Dressing



Lamb Mince



Beef Mince

Prep in: 20-30 mins  
Ready in: 30-40 mins

We love concocting new and improved rice bowls that are sure to put a smile on your dial. Tonight's Asian beef, bean and corn mixture pairs perfectly with garlicky rice and don't forget the fried egg for some extra protein and the slaw to cut through the richness!

### Pantry items

Olive Oil, Butter, Soy Sauce, Eggs

## 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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
white rice	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
<b>water*</b> (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
<b>soy sauce*</b>	1½ tbs	3 tbs
<b>water*</b> (for the sauce)	1 tbs	2 tbs
mixed sesame seeds	1 medium sachet	1 large sachet
<b>eggs*</b>	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](https://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**.



## Assemble the slaw

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



## 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.



## 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!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS

**↻ SWAP TO LAMB MINCE**  
Follow method above.

**+** **DOUBLE BEEF MINCE**  
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.

