



# Vietnamese Caramelised Beef Bowl

with Rice, Rainbow Slaw & Aioli

KID FRIENDLY

Grab your meal kit with this number

2



Basmati Rice



Carrot



Garlic



Shredded Cabbage Mix



Oyster Sauce



Ginger Paste



Beef Mince



Crushed Peanuts



Garlic Aioli



Pork Mince



Beef Mince

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

Protein Rich

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
carrot	1	2
garlic	2 cloves	4 cloves
<b>vinegar*</b> (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
<b>brown sugar*</b>	1½ tsp	3 tsp
<b>soy sauce*</b>	1 tbs	2 tbs
<b>water*</b>	2 tbs	¼ 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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3581kJ (856cal)	431kJ (103cal)
Protein (g)	38.7g	4.7g
Fat, total (g)	42.2g	5.1g
- saturated (g)	8.8g	1.1g
Carbohydrate (g)	79g	9.5g
- sugars (g)	15.8g	1.9g
Sodium (mg)	1848mg	222.4mg
Dietary Fibre (g)	13.2g	1.6g

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.

1



## 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.

3



## 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**.

2



## Get prepped

- While the rice is cooking, grate **carrot**.
- Finely chop **garlic**.
- In a large bowl, combine a drizzle of **vinegar** and **olive oil**. Season with **salt** and **pepper**. Add **carrot** 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**.

4



## Serve up

- Divide rice between bowls.
- Top with Vietnamese caramelised beef and rainbow slaw.
- Sprinkle over **crushed peanuts** and top with a dollop of **garlic aioli** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



### CUSTOM OPTIONS



#### SWAP TO PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.



#### 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.

