

Japanese-Style Beef & Mushroom Rice Bowl

with Pickled Chilli & Sesame Aioli

Grab your meal kit with this number

4



Jasmine Rice



Long Chilli (Optional)



Garlic



Green Beans



Baby Spinach Leaves



Carrot



Oyster Sauce



Garlic Aioli



Sesame Dressing



Ginger Paste



Beef Mince



Sliced Mushrooms



Pork Mince



Beef Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me First

Who said beef mince is just for bolognese? Give this juicy protein a Japanese-inspired twist, by lacing it with ginger and oyster sauce and serving over jasmine rice. Complete the dish with zingy pickled chilli and a dollop of creamy sesame aioli.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce, 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
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
long chilli (optional)	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
garlic	2 cloves	4 cloves
green beans	1 small packet	1 medium packet
baby spinach leaves	1 small packet	1 medium packet
carrot	1	2
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
garlic aioli	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
ginger paste	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
sliced mushrooms	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3587kJ (857cal)	310kJ (74cal)
Protein (g)	38.8g	3.4g
Fat, total (g)	39.2g	3.4g
- saturated (g)	8.7g	0.8g
Carbohydrate (g)	85g	7.4g
- sugars (g)	19.9g	1.7g
Sodium (mg)	1972mg	170.6mg
Dietary Fibre (g)	24.3g	2.1g

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.

We're here to help!

Scan here if you have any questions or concerns

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Cook the rice

- In a medium saucepan, bring the **water** to the boil. Add **jasmine rice**. Stir, cover with lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat. Keep covered until rice is tender and the water is absorbed, **10-15 minutes**.

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



Cook the beef

- In a large frying pan, heat drizzle of **olive oil** over medium-high heat. Cook **garlic** and **ginger paste** until fragrant, **1 minute**.
- Add **beef mince** and **sliced mushrooms** and cook, breaking up mince with a spoon, until browned, **3-4 minutes**.
- Add **carrot** and **green beans** and cook, tossing, until starting to soften, **3-4 minutes**.
- Add **baby spinach leaves** and cook until wilted, **1-2 minutes**.



Pickle the chilli

- Meanwhile, finely chop **long chilli** (see ingredients).
- In a small bowl, combine the **vinegar** and a generous pinch of **salt** and **sugar**. Scrunch **chilli** in your hands, then add to **pickling liquid**. Add enough **water** to just cover chilli. Set aside.



Make it saucy

- Stir in **oyster sauce mixture** and cook, tossing, until beef and veggies are coated and sauce is heated through, **1 minute**.



Get prepped

- Finely chop **garlic**.
- Trim and halve **green beans**.
- Roughly chop **baby spinach leaves**.
- Grate **carrot**.
- In a small bowl, combine **oyster sauce**, the **soy sauce** and **brown sugar**.
- In a second small bowl, combine **garlic aioli** and **sesame dressing**. Set aside.



Serve up

- Drain pickled **chilli**.
- Divide rice between bowls.
- Top with Japanese-style beef and mushrooms and some pickled **chilli**.
- Dollop over sesame aioli to serve. Enjoy!

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.

