

# Quick Japanese-Style Beef Bowl

with Rice, Pickled Onion & Japanese Mayo

Grab your meal kit  
with this number

2



White Rice



Red Onion



Garlic



Celery



Green Beans



Carrot



Oyster Sauce



Mayonnaise



Japanese Style Dressing



Ginger Paste



Beef Mince



Beef Strips



Beef Rump

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

Add tonnes of flavour to beef mince with a moreish sauce that's the perfect balance of savoury, sweet and zingy flavours. Serve with fluffy rice to soak up all the saucy goodness and top it all off with zingy pickled onion, celery for crunch and mayo for some creaminess.

## 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
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2½ cups
white rice	1 medium packet	1 large packet
red onion	½	1
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
garlic	2 cloves	4 cloves
celery	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
carrot	1	2
oyster sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tbs	2 tbs
mayonnaise	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3200kJ (765cal)	313kJ (75cal)
Protein (g)	36g	3.5g
Fat, total (g)	31.3g	3.1g
- saturated (g)	7.4g	0.7g
Carbohydrate (g)	83.1g	8.1g
- sugars (g)	20.1g	2g
Sodium (mg)	2049mg	200.7mg
Dietary Fibre (g)	12.8g	1.3g

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



1



## Cook the rice & pickle the onion

- To a medium saucepan, add the **water** and bring to the boil.
- Rinse and drain **white rice**.
- To boiling water, add **white rice** and a pinch of **salt**, 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 the water is absorbed, **10 minutes**.
- Meanwhile, thinly slice **red onion** (see ingredients).
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover onion. Set aside.

3



## Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** and **ginger paste** until fragrant, **1 minute**.
- Add **beef mince**, **green beans** and **celery** and cook, breaking up mince with a spoon, until browned, **3-4 minutes**. Add **carrot** and cook, tossing, until softened, **3-4 minutes** (for best results, drain oil from pan before adding the sauce).
- Add **oyster sauce mixture** and cook, tossing, until beef and veggies are coated and sauce is heated through, **1 minute**. Remove pan from heat.

### CUSTOM OPTIONS



#### SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.



#### SWAP TO BEEF RUMP

Thinly slice into strips. Cook as above, for 1-2 minutes.

2



## Get prepped

- While the rice is cooking, finely chop **garlic**.
- Thinly slice **celery**.
- Trim **green beans** and cut into thirds.
- Grate **carrot**.
- In a small bowl, combine **oyster sauce**, the **soy sauce** and **brown sugar**.
- In a second small bowl, combine **mayonnaise** and **Japanese style dressing**. Set aside.

4



## Serve up

- Drain pickled onion.
- Divide rice between bowls.
- Top with Japanese-style beef, veggies and pickled onion.
- Serve with a dollop of Japanese mayo. Enjoy!

**TIP:** If you don't like pickled onions, feel free to leave it out!

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

