



Easy Vietnamese Caramelised Beef

with Rice, Rainbow Slaw & Mayo

KID FRIENDLY

Grab your meal kit
with this number

2



White Rice



Garlic



Slaw Mix



Oyster Sauce



Ginger Paste



Beef Mince



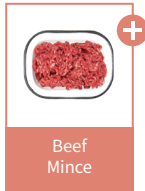
Mayonnaise



Mint



Pork Mince



Beef Mince

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

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
olive oil*	refer to method	refer to method
white rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cup	2½ cups
garlic	2 cloves	4 cloves
vinegar* (white wine or rice wine)	drizzle	drizzle
slaw mix	1 small packet	1 large packet
oyster sauce	1 medium packet	1 large packet
ginger paste	1 medium packet	2 medium packets
brown sugar*	1½ tsp	3 tsp
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	2 tbs	¼ cup
beef mince	1 medium packet	2 medium packets OR 1 large packet
mayonnaise	1 medium packet	1 large packet
mint	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3622kJ (866cal)	856kJ (202cal)
Protein (g)	39.8g	9.4g
Fat, total (g)	42.6g	10.1g
- saturated (g)	9.6g	2.3g
Carbohydrate (g)	81g	19.1g
- sugars (g)	16.2g	3.8g
Sodium (mg)	1909mg	451.3mg
Dietary Fibre (g)	6g	1.4g

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

2025 | CW05



1



Cook the rice

- Rinse and drain **white rice**.
- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **white rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove the pan 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

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**, then cook until combined, **1 minute**. Season with **pepper**.

2



Get prepped

- While the rice is cooking, finely chop **garlic**.
- In a large bowl, combine a drizzle of the **vinegar** and **olive oil**. Season with **salt** and **pepper**. Add **slaw mix**. Toss to combine and set aside.
- In a small bowl, combine **oyster sauce**, **ginger paste**, **garlic**, the **brown sugar**, **soy sauce** and **water (for the sauce)**.

Little cooks: Take the lead by tossing the slaw and combining the ingredients for the sauce mixture!

4



Finish & serve

- Divide rice between bowls.
- Top with Vietnamese caramelised beef and rainbow slaw.
- Top with a dollop of **mayonnaise** and tear over **mint** to serve. Enjoy!

Little cooks: Add the finishing touch by dolloping the mayonnaise and tearing over the mint!

CUSTOM
OPTIONS



SWAP TO PORK MINCE
Follow method above.



DOUBLE BEEF MINCE
Follow method above.

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

