



# Asian Beef & Brown Rice Bowl

with Pickled Cucumber & Sesame Seeds

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Chicken Stock



Cucumber



Carrot



Capsicum



Asian Greens



Ginger



Oyster Sauce



Mixed Sesame Seeds



Beef Strips

Hands-on: 25-35 mins  
 Ready in: 35-45 mins

Calorie Smart

This Asian-flavoured beef with garlicky brown rice is a super tasty dish everyone will love. Serve with veggies and quick pickled cucumber for a complete, nutritionally balanced meal.

### Pantry items

Olive Oil, Rice Wine Vinegar (or White Wine Vinegar), Soy Sauce, Honey

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
brown rice	1 packet	2 packets
water* (for the rice)	3 cups	6 cups
chicken stock	1 cube	2 cubes
cucumber	1	2
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
carrot	1	2
capsicum	1	2
Asian greens	1 bunch	2 bunches
ginger	1 knob	2 knobs
soy sauce*	1 tbs	2 tbs
honey*	2 tsp	1 tbs
oyster sauce	1 sachet (50g)	1 sachet (100g)
water* (for the sauce)	¼ cup	½ cup
mixed sesame seeds	1 sachet	2 sachets
beef strips	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2687kJ (642Cal)	392kJ (93Cal)
Protein (g)	45.8g	6.7g
Fat, total (g)	14g	2g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	75.1g	11g
- sugars (g)	22.8g	3.3g
Sodium (mg)	2177mg	318mg

## 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 brown rice

Finely chop the **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **brown rice**, **water (for the rice)** and crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain the **rice** and return to the saucepan and stir to combine. Remove from the heat.



## Cook the veggies

Return the frying pan with a drizzle of **olive oil** over a medium-high heat. Add the **carrot** and **capsicum** and cook until just softened, **3-4 minutes**. Add the **Asian greens** and cook until just wilted, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a plate.



## Pickle the cucumber

While the rice is cooking, thinly slice the **cucumber** into half-moons. In a medium bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Stir to dissolve and add the **cucumber**. Add enough **water** to cover the **cucumber**. Toss to coat, then set aside.



## Cook the beef

Return the frying pan to a high heat and add a drizzle of **olive oil**. When the oil is hot, cook the **beef** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate. Remove the pan from the heat and add the **honey-soy mixture**. Stir until warmed through, **1 minute**. Return the **beef (and any resting juices)** and **cooked veggies** to the pan and stir to coat.



## Get prepped

Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **capsicum** into 1cm strips. Roughly chop the **Asian greens**. Finely grate the **ginger** (unpeeled). In a small bowl, combine the **soy sauce**, **honey**, **oyster sauce**, **water (for the sauce)**, **ginger** and **remaining garlic**. Heat a large frying pan to a medium-high heat. Add the **mixed sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



## Serve up

Drain the pickled cucumber. Divide the garlic brown rice between bowls and top with the Asian beef, veggies and pickled cucumber. Drizzle with the remaining sauce. Sprinkle over the toasted sesame seeds.

## Enjoy!