

Dinner – Japanese Beef Bowl with Quick Pickled Onion
Lunch – Asian Beef Salad with Sesame Dressing

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Jasmine Rice
-  Red Onion
-  Ginger
-  Garlic
-  Beef Strips
-  Carrot
-  Capsicum
-  Asian Greens
-  Japanese Dressing
-  Garlic Aioli
-  Mixed Sesame Seeds
-  Sesame Dressing

For your lunch

-  Cucumber
-  Snow Peas
-  Mixed Salad Leaves
-  Crispy Shallots

DINNER
 Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
LUNCH
 Ready in: **10 mins**

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. This week, Japanese beef stars as the key player in a delicious rice bowl, then in a super tasty salad. Extra delicious!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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

Oven tray lined with baking paper · Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	2
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
red onion	1	1½
vinegar* (white wine or rice wine)	½ cup	¾ cup
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
soy sauce*	2 tbs	2½ tbs
honey*	1 tbs	1½ tbs
beef strips	1 large packet	1 small & large packet
carrot	1	2
capsicum	1	2
Asian greens	1 bunch	2 bunches
Japanese dressing	1 tub	2 tubs
garlic aioli	1 packet (50g)	1 packet (100g)
mixed sesame seeds	1 sachet	2 sachets
sesame dressing	1 tub	1 tub
cucumber	1	1
snow peas	1 bag (100g)	1 bag (100g)
mixed salad leaves	1 bag (60g)	1 bag (60g)
crispy shallots	2 packets	2 packets

*Pantry Items

Nutrition

Dinner	Per Serving	Per 100g
Energy (kJ)	3190kJ (762Cal)	645kJ (154Cal)
Protein (g)	35.7g	7.2g
Fat, total (g)	32.6g	6.6g
- saturated (g)	4.6g	0.9g
Carbohydrate (g)	77.6g	15.7g
- sugars (g)	15.4g	3.1g
Sodium (g)	836mg	169mg
Lunch	Per Serving	Per 100g
Energy (kJ)	2390kJ (571Cal)	417kJ (100Cal)
Protein (g)	33.5g	5.8g
Fat, total (g)	25.3g	4.4g
- saturated (g)	7.1g	1.2g
Carbohydrate (g)	48.9g	8.5g
- sugars (g)	25.4g	4.4g
Sodium (mg)	1020mg	177mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://www.hellofresh.com.au/contact)

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Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the **sweet potato** on an oven tray lined with baking paper. Add a drizzle of **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**. Set aside for lunch.



Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **carrot**, **capsicum** and **mixed sesame seeds** and cook until tender, **4-5 minutes**. Add the **Asian greens** and cook until tender, **1 minute**. Transfer to a bowl and season with **salt** and **pepper**. Toss to coat.



Cook the rice

While the sweet potato is roasting, add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



Serve up dinner

Return the frying pan to a high heat with a drizzle of **olive oil**. Shaking off any excess marinade, cook the **beef strips**, tossing, until browned, **1-2 minutes**. Transfer to a plate. Cook in batches if your pan is getting crowded. Reserve two portions of the **beef strips** for lunch. Drain the pickled **onion** and reserve two portions for lunch. Divide the **rice** between bowls. Top with the **sesame veggies**, remaining **Japanese beef** and **pickled onion**. Serve with the **Japanese aioli**.



Get prepped

While the rice is cooking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **vinegar** and a generous pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid. Add enough water to cover the **onion**, stir to coat then set aside. Finely grate the **ginger** and **garlic**. In a medium bowl, combine the **ginger**, **garlic**, **soy sauce** and **honey**. Add the **beef strips** and toss to coat. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **capsicum** into 2cm pieces. Roughly chop the **Asian greens**. In a small bowl, combine the **Japanese dressing** and **garlic aioli**.



Prepare your lunch

When you're ready to pack your lunch, divide the **sesame dressing** between two reusable containers. Thinly slice the **cucumber** into half-moons. Trim and cut the **snow peas** into 2cm chunks. Divide the **sweet potato**, **cucumber**, **snow peas**, **mixed salad leaves**, and reserved **pickled onion** between the two containers. Top with the reserved **beef strips**. Refrigerate. At lunch, toss to coat the **salad** in the dressing and sprinkle with the **crispy shallots**. Season to taste.

TIP: Packing the dressing on the bottom keeps the salad crisp overnight!

Enjoy!