



# Japanese-Style Beef Rice Bowl

with Pickled Onion & Soy Mayo

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Garlic



Asian Greens



Cucumber



Carrot



Oyster Sauce



Mayonnaise



Japanese Dressing



Ginger Paste



Beef Mince



Beef Strips

Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

Not just for bolognese or meatballs, beef mince stands up well to Asian-inspired dishes like this one. Together with the fluffy jasmine rice, it's perfect for soaking up the slightly sweet oyster sauce. Complete the dish with a mix of crunchy and creamy toppings and you have a treat of a dinner!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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



## 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
red onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
garlic	2 cloves	4 cloves
Asian greens	1 bag	2 bags
cucumber	1	2
carrot	1	2
oyster sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
mayonnaise	1 packet (40g)	2 packet (80g)
Japanese dressing	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
beef mince	1 small packet	1 medium packet
beef strips**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3327kJ (795Cal)	543kJ (129Cal)
Protein (g)	38.4g	6.3g
Fat, total (g)	29.4g	4.8g
- saturated (g)	6.5g	1.1g
Carbohydrate (g)	88.2g	14.4g
- sugars (g)	21.9g	3.6g
Sodium (mg)	2028mg	331mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3158kJ (754Cal)	515kJ (123Cal)
Protein (g)	42.3g	6.9g
Fat, total (g)	23.1g	3.8g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	88.2g	14.4g
- sugars (g)	21.9g	3.6g
Sodium (mg)	2010mg	328mg

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.

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

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## 1 Cook the rice

In a medium saucepan, bring the **water** 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. 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!



## 4 Cook the beef

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **garlic** and **ginger paste** until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **carrot** and cook, tossing, for **2 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**.

### CUSTOM RECIPE

If you've upgraded to beef strips, cook the garlic and ginger paste as above, then bring to a high heat with another drizzle of olive oil. When the oil is hot, cook the beef strips, in batches, until browned and cooked through, 1-2 minutes. Add the carrot, continuing as above.

**TIP:** Cooking the beef strips in batches over a high heat helps them stay tender.



## 2 Pickle the onion

While the rice is cooking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a generous pinch of **salt** and **sugar**. Scrunch the **onion** in your hands, then add to the **pickling liquid**. Add enough **water** to cover the **onion**. Set aside.



## 5 Add the sauce

Stir in the **oyster sauce mixture**, tossing the **beef** and **veggies** to coat. Cook until the sauce has heated through.

### CUSTOM RECIPE

Follow the step as above, tossing the beef strips and veggies to coat.



## 3 Get prepped

Finely chop the **garlic**. Roughly chop the **Asian greens**. Thinly slice the **cucumber** into half-moons. Grate the **carrot**. In a small bowl, combine the **oyster sauce**, **soy sauce** and **brown sugar**. In a second small bowl, combine the **mayonnaise** and **Japanese dressing**. Set aside.



## 6 Serve up

Drain the pickled onion. Divide the jasmine rice between bowls. Top with the Japanese beef, pickled onion and cucumber. Serve with a dollop of Japanese mayo.

## Enjoy!

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