



Japanese-Style Beef & Veggies

with Rice & Coconut Sweet Chilli Mayo

Grab your Meal Kit with this symbol



Red Onion



Jasmine Rice



Garlic



Carrot



Asian Greens



Beef Strips



Coconut Sweet Chilli Mayonnaise



Ginger Paste



Japanese Dressing



Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **25-35 mins**
Ready in: **30-40 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Full of flavour, texture and colour, this is how dinner should always be done! From the succulent seared beef to the crisp green beans and sweet and sour notes of the pickled onion, every bite will have you wanting more.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce (or Gluten-Free Tamari 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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
jasmine rice	1 medium packet	1 large packet
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
soy sauce* (or gluten-free tamari soy sauce)	2 tbs	¼ cup
honey*	1 tbs	2 tbs
beef strips	1 small packet	1 medium packet
carrot	1	2
Asian greens	1 bunch	2 bunches
Japanese dressing	1 packet	2 packets
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3303kJ (789Cal)	632kJ (151Cal)
Protein (g)	40g	7.7g
Fat, total (g)	30g	5.7g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	87.1g	16.7g
- sugars (g)	21.7g	4.2g
Sodium (mg)	1085mg	208mg

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.

1



Pickle the onion

- Boil the kettle.
- Thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **vinegar** and a generous pinch of **sugar** and **salt**.
- Scrunch **onion** in your hands, then add to **pickling liquid**. Add just enough **water** to cover **onion**, then set aside.

2



Cook the rice

- Half-fill a medium saucepan with the **boiled water**.
- Add **jasmine rice** and a pinch of **salt**. Cook, uncovered, over high heat until tender, **12 minutes**.
- Drain **rice**, then rinse with warm water. Cover to keep warm.

3



Get prepped

- While the rice is cooking, finely chop **garlic**.
- In a medium bowl, combine **garlic**, **ginger paste**, the **soy sauce** and the **honey**. Add **beef strips**, tossing to coat. Set aside.
- Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**.

4



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Stir-fry **carrot** until tender, **4-5 minutes**. Add **Asian greens** and cook until softened, **1-2 minutes**. Transfer to a second medium bowl. Add **Japanese dressing**, tossing to coat.

5



Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips**, in batches (shake off any excess marinade as you go), until browned, **1-2 minutes**.

TIP: Cooking the beef in batches over high heat helps it stay tender.

6



Serve up

- Drain pickled onion.
- Divide rice between bowls. Top with Japanese-style beef and veggies.
- Serve with a spoonful of pickled onion and a dollop of **coconut sweet chilli mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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