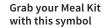
Japanese-Style Beef & Veggies with Rice & Coconut Sweet Chilli Mayo















Carrot





Beef Strips

Asian Greens



Coconut Sweet



Chilli Mayonnaise



Japanese Dressing

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce (or Gluten-Free Tamari Soy Sauce), Honey

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



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.

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1/2	1
vinegar* (white wine or rice wine)	⅓ 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.



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.



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.



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**.



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.



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.



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!

