



# Japanese-Style Beef & Veggies

with Rice & Coconut Sweet Chilli Mayo

Grab your Meal Kit with this symbol



Long Chilli (Optional)



Jasmine Rice



Garlic



Celery



Carrot



Green Beans



Ginger Paste



Beef Strips



Japanese Dressing



Coconut Sweet Chilli Mayonnaise

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 bright green beans and the kick of the chilli, 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
<b>olive oil*</b>	refer to method	refer to method
long chilli  (optional)	½	1
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
<b>soy sauce*</b> (or gluten free tamari soy sauce)	2 tbs	¼ cup
<b>honey*</b>	1 tbs	2 tbs
beef strips	1 small packet	1 medium packet
celery	1 medium packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
Japanese dressing	1 packet	2 packets
coconut sweet chilli mayonnaise (50g)	1 packet	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3193kJ (763Cal)	685kJ (164Cal)
Protein (g)	38.6g	8.3g
Fat, total (g)	30.5g	6.5g
- saturated (g)	5g	1.1g
Carbohydrate (g)	80.7g	17.3g
- sugars (g)	17.4g	3.7g
Sodium (mg)	1117mg	240mg

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.

1



## Pickle the chilli

- Thinly slice long **chilli** (see ingredients/if using).
- In a small bowl, combine the **vinegar** and a generous pinch of **sugar** and **salt**.
- Add **chilli** to **pickling liquid**. Add just enough water to cover **chilli**, then set aside.

4



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **celery**, **carrot** and **green beans** until tender, **4-5 minutes**.
- Transfer **veggies** to a second medium bowl. Add **Japanese dressing**, tossing to coat.

2



## Cook the rice

- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove the pan from heat and keep covered until 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!

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.

3



## Get prepped

- Meanwhile, 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 **celery**. Thinly slice **carrot** into half-moons. Trim and halve **green beans**.

6



## Serve up

- Drain pickled chilli.
- Divide rice between bowls. Top with Japanese-style beef and veggies.
- Serve with a spoonful of pickled chilli 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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