



Japanese-Style Beef Bowl

with Rice, Pickled Onion & Japanese Mayo

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Garlic



Cucumber



Green Beans



Carrot



Oyster Sauce



Mayonnaise



Japanese Dressing



Ginger Paste



Beef Mince



Beef Strips

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

Add tonnes of flavour to beef mince with a moreish sauce that's the perfect balance of savoury, sweet and zingy flavours. Serve with jasmine rice to soak up all the saucy goodness, and top it all off with zingy pickled onion, cucumber for crunch and to cut the richness, plus mayo for some creaminess.

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

Pantry items

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

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
red onion	½	1
vinegar* (rice wine or white wine)	¼ cup	½ cup
garlic	2 cloves	4 cloves
cucumber	1	2
green beans	1 small bag	1 medium bag
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 medium packet	1 large packet
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)	3312kJ (792Cal)	578kJ (138Cal)
Protein (g)	37.3g	6.5g
Fat, total (g)	30.2g	5.3g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	89.2g	15.6g
- sugars (g)	23.1g	4g
Sodium (mg)	2063mg	360mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3153kJ (754Cal)	550kJ (131Cal)
Protein (g)	39.7g	6.9g
Fat, total (g)	24.9g	4.3g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	89.2g	15.6g
- sugars (g)	23.1g	4g
Sodium (mg)	2056mg	359mg

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.

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Cook the rice

- In a medium saucepan, bring the **water** to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** and **ginger paste** until fragrant, **1 minute**.
- Add **beef mince** and **green beans** and cook, breaking up **mince** with a spoon, until browned, **3-4 minutes**.
- Add **carrot** and cook, stirring, until softened, **3-4 minutes**.

TIP: For best results, drain the oil from the pan before adding the sauce in the next step!

Custom Recipe: If you've upgraded to beef strips, in a large frying pan, heat drizzle of olive oil over high heat. When the oil is hot, cook beef strips, in batches, until browned and cooked through, 1-2 minutes. Transfer to a bowl. Cook garlic and ginger paste as above, then add green beans, continuing as above.



Pickle the onion

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



Add the sauce

- Add **oyster sauce mixture** and cook, tossing, until **beef** and **veggies** are coated and sauce is heated through, **1 minute**.
- Remove pan from heat.

Custom Recipe: Return the beef strips to the pan with oyster sauce mixture.



Get prepped

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



Serve up

- Drain pickled onion.
- Divide jasmine rice between bowls.
- Top with Japanese-style beef, pickled onion and sliced cucumber.
- Serve with a dollop of Japanese mayo. Enjoy!

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