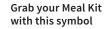
Japanese-Style Beef Bowl with Rice, Pickled Onion & Japanese Mayo















Cucumber





Carrot

Green Beans



Oyster Sauce





Japanese Dressing





Beef Mince



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.

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

ingi caici ita				
	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	1/2	1		
vinegar*				
(rice wine or white wine)	1/4 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.

We're here to help!

Scan here if you have any questions or concerns





Cook the rice

- In a medium saucepan, bring the water to the hoil
- 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.



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.



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.



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!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate