

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

KID FRIENDLY

BESTSELLERS

















Carrot

Celery

Green Beans



Oyster Sauce





Japanese Dressing





Beef Mince





Prep in: 20-30 mins Ready in: 20-30 mins Add tons 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, celery 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 · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
jasmine rice	1 medium packet	1 large packet	
red onion	1/2	1	
vinegar* (rice wine or white wine)	⅓ cup	½ cup	
garlic	2 cloves	4 cloves	
celery	1 medium bag	1 large bag	
green beans	1 small bag	1 medium bag	
carrot	1	2	
oyster sauce	1 medium packet	1 large packet	
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)	3230kJ (772Cal)	652kJ (156Cal)
Protein (g)	36.4g	7.3g
Fat, total (g)	30.5g	6.2g
- saturated (g)	7g	1.4g
Carbohydrate (g)	85.4g	17.2g
- sugars (g)	22.3g	4.5g
Sodium (mg)	2086mg	421mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3122kJ (746Cal)	586kJ (140Cal)
Protein (g)	39.1g	7.3g
Fat, total (g)	24.6g	4.6g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	88.2g	16.6g
- sugars (g)	22.1g	4.1g
Sodium (mg)	2081mg	391mg

The quantities provided above are averages only.

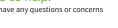
Allergens

Always read product labels for the most up-to-date allergen information.

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Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add jasmine rice and a pinch of salt and cook, uncovered, over high heat until tender, 12 minutes. Drain.
- · Meanwhile, thinly slice red onion (see ingredients).
- In a medium bowl, combine the vinegar and a good pinch of sugar and salt. Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add enough water to just cover onion. Set aside.



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. Drain oil from the pan for best results.
- 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: If you've upgraded to beef strips, in a large frying pan, heat a 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, then add green beans and carrot as above. Return cooked beef to the pan with the oyster sauce mixture.



Get prepped

- Finely chop garlic. Thinly slice celery. 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 celery.
- Serve with a dollop of Japanese mayo. Enjoy!



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