



Japanese-Style Beef Bowl

with Rice, Pickled Onion & Japanese Mayo

KID FRIENDLY

BESTSELLERS



Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Garlic



Celery



Green Beans



Carrot



Oyster Sauce



Mayonnaise



Japanese Dressing



Ginger Paste



Beef Mince



Beef Strips

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.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
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
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.

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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1



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.

3



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.

2



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.

4



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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