



Quick Beef & Oyster Sauce Bowl

with Garlic Rice, Greens & Creamy Slaw

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Asian Greens



Carrot



Oyster Sauce



Ginger Paste



Beef Mince



Shredded Cabbage Mix



Garlic Aioli



Crispy Shallots

Prep in: **20-30** mins
Ready in: **25-35** mins

There's so much more you can make with mince than bolognese, starting with this Asian-inspired dish! We've teamed the beef with ginger-spiked oyster sauce for the perfect balance of sweet, savoury and zingy flavours.

Pantry items

Olive Oil, Butter, 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
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
Asian greens	1 bag	2 bags
carrot	1	2
oyster sauce	1 packet (50g)	1 packet (100g)
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
honey*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
beef mince	1 small packet	1 medium packet
shredded cabbage mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3610kJ (862Cal)	671kJ (160Cal)
Protein (g)	37.8g	7g
Fat, total (g)	44.6g	8.3g
- saturated (g)	14.4g	2.7g
Carbohydrate (g)	83.1g	15.4g
- sugars (g)	17.8g	3.3g
Sodium (mg)	2053mg	381mg

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 garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and the **salt** and bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

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

3



Cook the beef & make the slaw

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**.
- Add **carrot** and cook, stirring, until softened, **2-3 minutes**.
- Add **oyster sauce mixture**. Cook, stirring, until sauce is slightly reduced, **1-2 minutes**. Remove from heat.
- Combine **shredded cabbage mix**, **garlic aioli** and a pinch of **pepper** in a medium bowl.

Little cooks: Help toss the slaw!

2



Get prepped & cook the greens

- Meanwhile, roughly chop **Asian greens**. Grate **carrot**, then set aside.
- In a small bowl, combine **oyster sauce**, **ginger paste**, the **soy sauce**, the **honey** and the **water (for the sauce)**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **Asian greens** and remaining **garlic**, tossing, until tender, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a bowl. Cover to keep warm

Little cooks: Take charge by combining the ingredients for the sauce!

4



Serve up

- Divide garlic rice between bowls.
- Top with beef and oyster sauce, the greens and creamy slaw.
- Garnish with **crispy shallots** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the crispy shallots on top!

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