



Vietnamese Caramelised Beef Bowl

with Garlic Rice, Rainbow Slaw & Aioli

NEW



Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Celery



Beef Mince



Ginger Paste



Shredded Cabbage Mix



Oyster Sauce



Crushed Peanuts



Garlic Aioli



Pork Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

This bountiful bowl has "new favourite" written all over it! The oyster sauce and ginger paste are the key ingredients, giving a delicious flavour kick to the beef mince. With a crunchy rainbow slaw, garlic rice and a dollop of aioli to top things off, you'll happily devour this dish with speed.

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

Pantry items

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

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
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
carrot	1	2
celery	1 medium bag	1 large bag
beef mince	1 small packet	1 medium packet
ginger paste	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
shredded cabbage mix	1 medium bag	1 large bag
brown sugar*	1½ tsp	3 tsp
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	2 tbs	¼ cup
crushed peanuts	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
pork mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4036kJ (965Cal)	791kJ (189Cal)
Protein (g)	40g	7.8g
Fat, total (g)	50.1g	9.8g
- saturated (g)	14g	2.7g
Carbohydrate (g)	84.6g	16.6g
- sugars (g)	18.1g	3.5g
Sodium (mg)	1930mg	378mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4010kJ (958Cal)	786kJ (188Cal)
Protein (g)	36.6g	7.2g
Fat, total (g)	51g	10g
- saturated (g)	13.6g	2.7g
Carbohydrate (g)	84.6g	16.6g
- sugars (g)	18.1g	3.5g
Sodium (mg)	1928mg	378mg

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



1



Make the garlic rice

- Finely chop **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and 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!

4



Make the slaw

- In a large bowl, combine a drizzle of the **vinegar** and **olive oil**. Season with **salt** and **pepper**. Add **carrot**, **celery** and **shredded cabbage mix**. Toss to combine and set aside.

2



Get prepped

- While the rice is cooking, grate **carrot**.
- Thinly slice **celery**.

5



Cook the beef

- When the rice has **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef mince mixture**, breaking it up with a spoon, until browned, **3-4 minutes**. Drain any excess oil from the pan.
- Add the **brown sugar** and cook, stirring, until sticky, **1 minute**. Reduce heat to low, then add **oyster sauce**, the **soy sauce** and the **water (for the sauce)**. Season with **pepper** and toss until well coated, **1 minute**.

Custom Recipe: Cook pork mince mixture in the same way as the beef mince mixture.

3



Flavour the beef

- In a medium bowl, combine **beef mince**, **ginger paste** and the remaining **garlic**.

Custom Recipe: If you've swapped to pork mince, combine pork mince with the ginger paste and garlic, as above.

6



Serve up

- Divide garlic rice between bowls.
- Top with Vietnamese caramelised beef and rainbow slaw.
- Garnish with **crushed peanuts**. Dollop over **garlic aioli** to serve. Enjoy!

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