



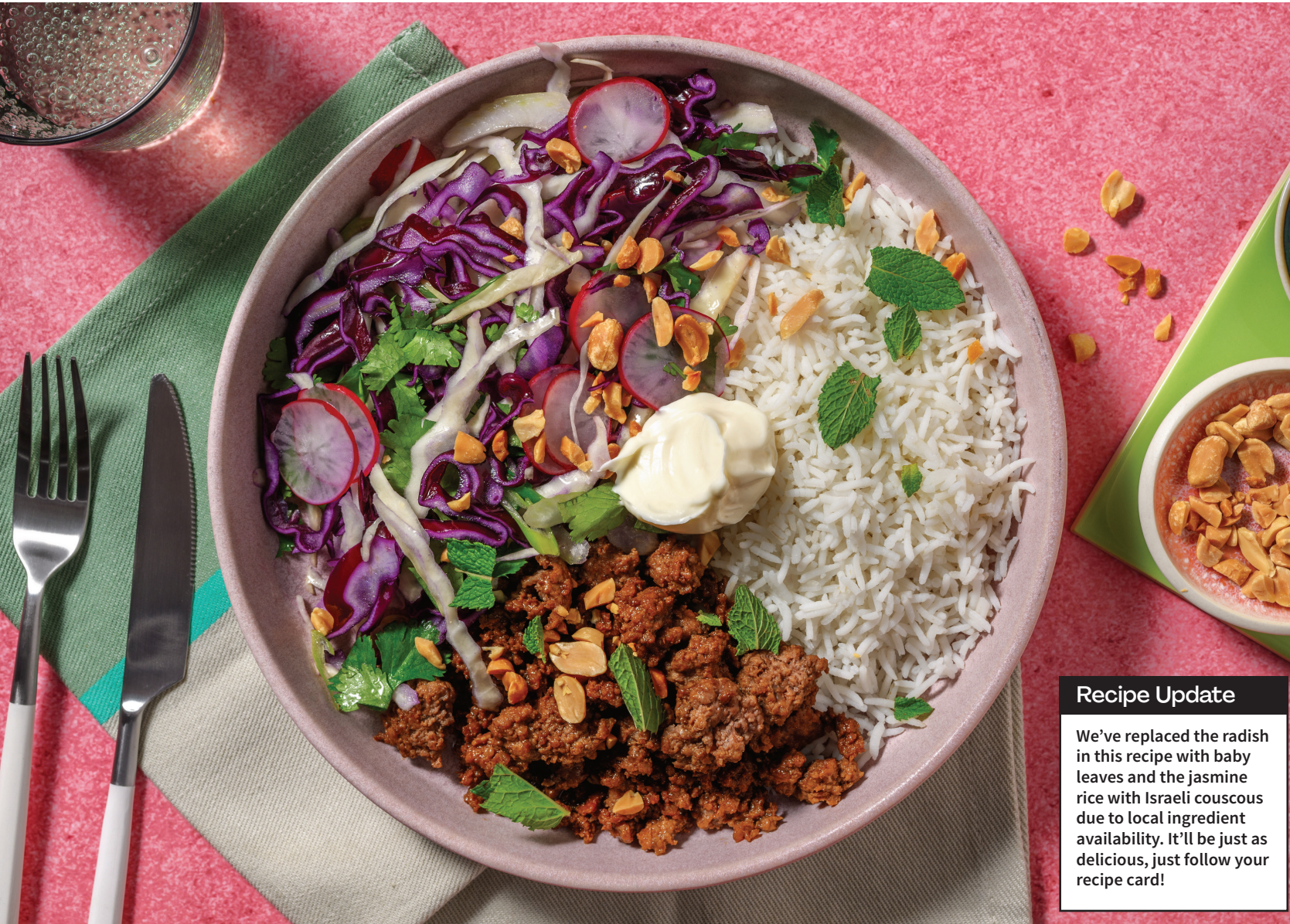
Vietnamese-Style Caramelised Beef Bowl

with Israeli Couscous, Rainbow Slaw & Mint

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Israeli Couscous



Baby Leaves



Beef Mince



Ginger Paste



Oyster Sauce



Asian Slaw Mix



Crushed Peanuts



Mint



Garlic Aioli



Pork Mince

Recipe Update
We've replaced the radish in this recipe with baby leaves and the jasmine rice with Israeli couscous due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Eat Me Early

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

Pantry items

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

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
Israeli couscous	1 packet	2 packets
baby leaves	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
beef mince	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
brown sugar*	1½ tsp	1 tbs
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	drizzle	drizzle
Asian slaw mix	1 medium packet	1 large packet
crushed peanuts	1 medium packet	2 medium packets
mint	1 large packet	1 large packet
garlic aioli	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3291kJ (786Cal)	870kJ (207Cal)
Protein (g)	40.4g	10.7g
Fat, total (g)	44.6g	11.8g
- saturated (g)	11.9g	3.1g
Carbohydrate (g)	50.4g	13.3g
- sugars (g)	14.7g	3.9g
Sodium (mg)	1459mg	386mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3001kJ (717Cal)	793kJ (189Cal)
Protein (g)	36.2g	9.6g
Fat, total (g)	40.1g	10.6g
- saturated (g)	9g	2.4g
Carbohydrate (g)	50.4g	13.3g
- sugars (g)	14.7g	3.9g
Sodium (mg)	1480mg	391mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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 Israeli couscous

- Boil the kettle.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water then add a pinch of **salt** and bring to the boil.
- Simmer, uncovered, until tender, **10-12 minutes**. Drain and return to the pan with a drizzle of **olive oil**.

4



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef**, breaking up with a spoon, until browned, **3-4 minutes**.
- Add the **brown sugar** and cook, stirring, until sticky, **1 minute**.
- Reduce heat to low, then add **oyster sauce**, the **soy sauce** and a splash of **water**. Season with **pepper** and toss until well coated, **1 minute**.

Custom Recipe: Cook pork mince as above.

2



Get prepped

- While the couscous is cooking, roughly chop **baby leaves**. Finely chop **garlic**.

5



Make the slaw

- Meanwhile, combine a drizzle of **vinegar** and **olive oil** in a large bowl. Season with **salt** and **pepper**.
- Add **baby leaves** and **Asian slaw mix** and toss to combine. Set aside.

Little cooks: Help toss the slaw!

3



Flavour the beef

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

Custom Recipe: If you've swapped to pork mince, flavour as above.

6



Serve up

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

Little cooks: Add the finishing touch by sprinkling over the garnishes!

Rate your recipe

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