



# Quick Ginger Beef Rice Bowl

with Pickled Onion & Japanese Mayo

Grab your Meal Kit with this symbol



Basmati Rice



Onion



Garlic



Asian Greens



Cucumber



Carrot



Teriyaki Sauce



Mayonnaise



Japanese Dressing



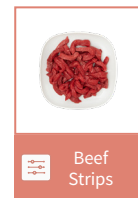
Sesame Seeds



Beef Mince



Ginger Paste



Beef Strips

### Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins  
Ready in: 25-35 mins

Add tons of flavour to your beef with a tasty sauce mixture plus loads of veggies, then fill your bowl with a bed of rice, pickled onion, fresh cucumber and a sensational mayo. This is a recipe for a bowl you won't forget.



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

### Pantry items

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



## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
garlic	2 cloves	4 cloves
Asian greens	1 bag	2 bags
cucumber	1 (medium)	1 (large)
carrot	1	2
teriyaki sauce	1 packet (65g)	1 packet (130g)
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
sesame oil*	1 tbs	2 tbs
mayonnaise	1 packet (40g)	1 packet (80g)
Japanese dressing	1 packet (30g)	2 packets (60g)
sesame seeds	1 sachet	1 sachet
beef mince	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
beef strips**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3638kJ (870Cal)	591kJ (141Cal)
Protein (g)	38.4g	6.2g
Fat, total (g)	34.8g	5.7g
- saturated (g)	9.8g	1.6g
Carbohydrate (g)	91.1g	14.8g
- sugars (g)	22.2g	3.6g
Sodium (mg)	1229mg	200mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3424kJ (818Cal)	556kJ (132Cal)
Protein (g)	40.5g	6.6g
Fat, total (g)	30.8g	5g
- saturated (g)	6.3g	1g
Carbohydrate (g)	92.1g	15g
- sugars (g)	22.2g	3.6g
Sodium (mg)	1277mg	207mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Cook the rice

Boil the kettle. Half-fill a medium saucepan with boiling water. Add the **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain and set aside.



## Cook the beef

Heat a large frying pan over a medium-high heat. Toast the **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking it up with a spoon, until browned, **3-4 minutes**. Add the **ginger paste** and **garlic** and cook until fragrant, **1 minute**.

### CUSTOM RECIPE

If you've upgraded your beef mince to beef strips, cook beef over a high heat with the ginger paste and garlic, tossing, until browned, 1-2 minutes. Transfer to a plate.



## Pickle the onion

While the rice is cooking, thinly slice the **onion** (see ingredients). In a medium bowl, combine the **rice wine vinegar** and a generous pinch of **salt** and **sugar**. Scrunch the **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover the onion. Stir to coat and set aside.



## Cook the veggies

Add the **carrot** and **Asian greens** to the **beef** and cook, stirring, until softened, **2 minutes**. Add the **teriyaki sauce mixture** and stir until the beef is coated, **30 seconds**.

### CUSTOM RECIPE

Return the frying pan to a medium-high heat to cook the veggies. Return beef to the pan along with teriyaki sauce mixture and toss to coat, 30 seconds.



## Get prepped

Finely chop the **garlic**. Roughly chop the **Asian greens**. Thinly slice the **cucumber** into half-moons. Grate the **carrot**. In a small bowl, combine the **teriyaki sauce**, the **soy sauce**, **brown sugar** and the **sesame oil**. Set aside. In a second small bowl, combine the **mayonnaise** and **Japanese dressing**. Set aside.



## Serve up

Drain the pickled onion. Divide the basmati rice between bowls. Top with the ginger beef and veggies, cucumber and pickled onion. Dollop with the Japanese mayo. Garnish with the toasted sesame seeds to serve.

## Enjoy!