



# Honey-Soy Ginger Beef Bowl

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Ginger



Carrot



Broccolini



Asian Greens



Coriander



Mayonnaise



Beef Strips



Crispy Shallots

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Here's a recipe for success: take a bowl of garlic rice, add colourful pan-fried veggies and tender cubes of beef in a sublime soy-honey sauce and finish things off with creamy mayo and a smattering of crispy shallots.

*Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!*

## Pantry items

Olive Oil, Butter, Rice Wine Vinegar, 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

Large 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
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
ginger	1 knob	2 knobs
carrot	1	2
broccolini	1 bunch	1 bunch
Asian greens	1 packet	1 packet
coriander	1 bunch	1 bunch
mayonnaise	1 packet (40g)	1 packet (100g)
rice wine vinegar*	½ tsp	1 tsp
soy sauce*	2 tbs	¼ cup
honey*	2 tbs	¼ cup
water* (for the sauce)	2 tbs	¼ cup
beef strips	1 packet	1 packet
crispy shallots	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3330kJ (796Cal)	727kJ (174Cal)
Protein (g)	36.8g	8.0g
Fat, total (g)	31.7g	6.9g
- saturated (g)	10.9g	2.4g
Carbohydrate (g)	88.3g	19.3g
- sugars (g)	23.9g	5.2g
Sodium (mg)	1470mg	320mg

### 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.



## 1. Cook the rice

Finely chop the **garlic** (or use a garlic press). In a large saucepan, melt the **butter** and a **dash** of **olive oil** over a medium heat. Add **1/2** the **garlic** and cook until fragrant, **1-2 minutes**. Add the **water (for the rice)** and the **salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



## 4. Cook the sesame veggies

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **carrot** and **broccolini** and cook until just tender, **5 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



## 2. Get prepped

While the rice is cooking, finely grate the **ginger** (unpeeled). Thinly slice the **carrot** (unpeeled) into batons. Trim the **broccolini** and cut into 3cm pieces. Roughly chop the **Asian greens**. Roughly chop the **coriander**. In a small bowl, combine the **mayonnaise** and **rice wine vinegar**. Set aside.

**TIP:** Slice the carrot into half-moons if you prefer!



## 5. Cook the beef & sauce

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add the **beef strips** in batches and cook, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat, then add the **honey-soy sauce mixture** and cook, stirring, **2 minutes**. Remove from the heat, then return the **beef strips** (plus any resting juices) to the pan with the sauce and stir to coat.



## 3. Make the sauce

In a second small bowl, combine the **ginger**, **soy sauce**, **honey**, **water (for the sauce)**, a **pinch of pepper** and the **remaining garlic**. Set aside.



## 6. Serve up

Divide the garlic rice between bowls, top with the honey-soy ginger beef and veggies. Sprinkle over the **crispy shallots** and dollop with the mayo. Garnish with the coriander.

**Enjoy!**