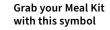
Japanese Beef Rice Bowl with Quick-Pickled Onion & Coconut-Chilli Mayo









Jasmine Rice















Asian Greens



Japanese Dressing



Crispy Shallots



Coconut Sweet Chilli Mayonnaise

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
water* (for the rice)	1¼ cups	2½ cups	
jasmine rice	1 packet	1 packet	
red onion	1/2	1	
vinegar* (white wine or rice wine)	1/4 cup	½ cup	
water* (for the onion)	1/4 cup	½ cup	
ginger	1 knob	2 knobs	
garlic	1 clove	2 cloves	
soy sauce*	2½ tbs	⅓ cup	
honey*	4 tsp	2½ tbs	
beef strips	1 packet	1 packet	
carrot	1	2	
broccolini	1 bunch	1 bunch	
Asian greens	1 packet	1 packet	
Japanese dressing	1 packet (30g)	2 packets (60g)	
crispy shallots	1 sachet	1 sachet	
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3292kJ (786Cal)	562kJ (134Cal)
Protein (g)	45.5g	7.8g
Fat, total (g)	24.1g	4.1g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	94.9g	16.2g
- sugars (g)	19.9g	3.4g
Sodium (mg)	1454mg	248mg

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.



Cook the rice

Add the **water (for the rice)** to a medium saucepan 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!



Pickle the onion

While the rice is cooking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **vinegar**, **water (for the onion)** and a generous pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid. Stir to coat, then set aside until serving.

TIP: Stir the onion occasionally so it stays submerged.



Get prepped

While the onion is pickling, finely grate the **ginger** and **garlic**. In a medium bowl, combine the **ginger**, **garlic**, **soy sauce** and **honey**. Add the **beef strips** and toss to coat. Set aside to marinate. Thinly slice the **carrot** (unpeeled) into half-moons. Trim the **broccolini**, then slice into thirds. Roughly chop the **Asian greens**.



Cook the veggies

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Add the carrot and broccolini and cook until tender, 4-5 minutes. Add the Asian greens and cook until wilted, 1 minute. Transfer the veggies to a large bowl, then add the Japanese dressing. Toss to coat and set aside.



Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. Add the **beef strips** in batches, shaking off any excess marinade, and cook, tossing, until browned, **1-2 minutes**. Transfer to a plate.

TIP: Cooking the meat in batches over a high heat helps it stay tender.



Serve up

Drain the pickled onion. Divide the jasmine rice between bowls and top with the veggies, Japanese beef and pickled onion. Garnish with the **crispy shallots** and serve with the **coconut sweet chilli mayonnaise**.

Enjoy!