



# Japanese Beef Rice Bowl

with Quick-Pickled Onion & Coconut-Chilli Mayo

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Ginger



Garlic



Beef Strips



Carrot



Broccolini



Asian Greens



Japanese Dressing



Crispy Shallots



Coconut Sweet Chilli Mayonnaise

 Hands-on: 25-35 mins  
Ready in: 35-45 mins

Add tons of flavour to beef with a tasty ginger-soy mixture, then fill a bowl with a bed of rice, add the beef, loads of veggies and top it all off with pickled onion and a sensational mayo. This is a recipe for a meal you won't forget!

## 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

	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	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
water* (for the onion)	¼ cup	½ cup
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
soy sauce*	2½ tbs	½ 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	(30g)	(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](https://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!



### 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.



### 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.



### 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.



### 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**.



### 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!