



HONEY-SOY GINGER BEEF BOWL

with Garlic Rice



Master garlic rice



Garlic



Jasmine Rice



Ginger



Carrot



Snow Peas



Asian Greens



Long Red Chilli
(Optional)



Coriander



Beef Rump



Mayonnaise



Crispy Shallots

- Hands-on: 30 mins
- Ready in: 35 mins
- Spicy (optional long red chilli)

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.

Pantry Staples: Olive Oil, Butter, Rice Wine Vinegar, Soy Sauce, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **large saucepan** with a **lid** • **large frying pan**



1 COOK THE GARLIC 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!



2 GET PREPPED

While the rice is cooking, finely grate the **ginger** (unpeeled). Slice the **carrot** (unpeeled) into thin batons, or slice into half-moons if you prefer. Trim the **snow peas** and slice in half lengthways. Roughly chop the **Asian greens**. Thinly slice the **long red chilli** (if using). Roughly chop the **coriander**. Cut the **beef rump** into 2cm chunks. In a small bowl, combine the **mayonnaise** and **rice wine vinegar**.



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**.



4 COOK THE SESAME VEGGIES

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. When the **oil** is hot, add the **carrot** and cook until just tender, **5 minutes**. Add the **snow peas** and **Asian greens** and cook until wilted and softened, **3-4 minutes**. Transfer to a bowl and cover to keep warm.

5 COOK THE BEEF & SAUCE

Return the frying pan to a high heat and add a **drizzle of olive oil**. When the oil is hot, add the **1/2 the beef** and cook, tossing, for **2-3 minutes** or until cooked to your liking. Transfer to a bowl. Repeat with the **remaining beef**. Return the pan to a medium heat, add the **honey-soy mixture** and cook, stirring, for **2 minutes**. Remove from the heat, add the **beef** and any **resting juices** and stir to coat.



6 SERVE UP

Divide the garlic rice between bowls and top with the honey-soy ginger beef and veggies. Sprinkle with the **crispy shallots** and add a dollop of mayonnaise. Garnish the adults' portions with the coriander and chilli (if using).

ENJOY!

4-5 PEOPLE INGREDIENTS

4-5P	refer to method
olive oil*	
garlic	6 cloves
butter*	40g
water* (for the rice)	2½ cups
salt*	½ tsp
jasmine rice	2 packets
ginger	1 knob
carrot	2
snow peas	1 bag (200g)
Asian greens	1 bunch
long red chilli (optional)	1
coriander	1 bag
beef rump	1 packet
mayonnaise	1 packet (100g)
rice wine vinegar*	1 tsp
soy sauce*	2 tbs
honey*	2 tbs
water* (for the sauce)	2 tbs
crispy shallots	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3100kJ (740Cal)	742kJ (177Cal)
Protein (g)	36.4g	8.7g
Fat, total (g)	29.8g	7.1g
- saturated (g)	10.0g	2.4g
Carbohydrate (g)	79.1g	19.0g
- sugars (g)	15.7g	3.8g
Sodium (g)	1190mg	286mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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