



# Japanese Beef Bowl

with Quick Pickled Onion & Coconut-Chilli Mayo

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Ginger



Garlic



Beef Strips



Carrot



Capsicum



Asian Greens



Mixed Sesame Seeds



Japanese Dressing



Coconut Sweet Chilli Mayonnaise

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

Deliciously satisfying and full of colour, you won't be able to resist this Japanese beef bowl. From the umami flavour of the dressing to the sweet and sour notes of the pickled onion, every bite of this meal will have you wanting more.

## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
soy sauce*	2 tbs	¼ cup
honey*	1 tbs	2 tbs
beef strips	1 small packet	1 medium packet
carrot	1	2
capsicum	1	2
Asian greens	1 bunch	2 bunches
mixed sesame seeds	1 sachet	2 sachets
Japanese dressing	1 tub	2 tubs
coconut sweet	1 packet	1 packet
chilli mayonnaise	(50g)	(100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3580kJ (855Cal)	525kJ (125Cal)
Protein (g)	47.1g	6.9g
Fat, total (g)	33.7g	4.9g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	86.4g	12.7g
- sugars (g)	25.9g	3.8g
Sodium (mg)	1253mg	184mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Cook the rice

In a medium saucepan, bring the water 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 the water is absorbed, **10-15 minutes**.

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



### Cook the veggies

Heat a large frying pan over a medium-high heat. Add the **mixed sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a medium bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot** and **capsicum**, tossing, until tender, **4-5 minutes**. Add the **Asian greens** and cook until tender, **1 minute**. Transfer to the bowl with the **sesame seeds**, along with the **Japanese dressing**. Toss to coat.



### Pickle the onion

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



### Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef strips**, shaking off any excess marinade, tossing, until browned, **1-2 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.



### Prep the beef & veggies

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. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **capsicum** into 2cm pieces. Roughly chop the **Asian greens**.



### Serve up

Drain the pickled onion. Divide the rice between bowls. Top with the sesame veggies, Japanese beef and pickled onion. Serve with the **coconut sweet chilli mayonnaise**.

Enjoy!