



Japanese Beef & Garlic Rice Bowl

with Quick-Pickled Onion & Coconut-Chilli Mayo

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Ginger



Beef Strips



Green Beans



Asian Greens



Baby Spinach Leaves



Japanese Dressing



Crispy Shallots



Coconut Sweet Chilli Mayonnaise



Chicken Breast Strips

Keep an eye out...

Due to recent sourcing challenges, we've replaced baby broccoli with green beans and baby spinach, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Eat Me Early
**Custom recipe only*

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



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine), Soy Sauce, Honey, Sesame Oil

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
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	1 packet
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
ginger	1 knob	2 knobs
soy sauce*	2½ tbs	½ cup
honey*	1 tbs	2 tbs
sesame oil*	½ tbs	1 tbs
beef strips	1 packet	1 packet
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
Japanese dressing	1 packet (30g)	2 packets (60g)
crispy shallots	1 packet	1 packet
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
chicken breast strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3395kJ (811Cal)	634kJ (151Cal)
Protein (g)	45.9g	8.6g
Fat, total (g)	30.9g	5.8g
- saturated (g)	10g	1.9g
Carbohydrate (g)	84.8g	15.8g
- sugars (g)	14g	2.6g
Sodium (mg)	1162mg	217mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3518kJ (840Cal)	617kJ (147Cal)
Protein (g)	41.2g	7.2g
Fat, total (g)	36.4g	6.4g
- saturated (g)	11.5g	2g
Carbohydrate (g)	84.8g	14.9g
- sugars (g)	14g	2.5g
Sodium (mg)	1214mg	213mg

The quantities provided above are averages only.

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1 Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water** and the **salt** to the pan 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 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 veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **green beans**, tossing, until tender, **4-5 minutes**. Add the **Asian greens** and **baby spinach leaves** and cook until wilted, **1 minute**. Transfer the **veggies** to a large bowl, then add the **Japanese dressing** and toss to coat. Set aside.



2 Pickle the onion

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



5 Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef strips**, in batches, tossing, until browned, **1-2 minutes**.

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

CUSTOM RECIPE

Return frying pan to a medium-high heat with a drizzle of olive oil. Cook chicken, tossing, until browned and cooked through, 5-6 minutes.



3 Prep the beef & veggies

While the onion is pickling, finely grate the **ginger**. In a medium bowl, combine the **ginger**, **soy sauce**, **honey**, **sesame oil** and remaining **garlic**. Add the **beef strips** and toss to coat. Set aside to marinate. Trim and halve the **green beans**. Roughly chop the **Asian greens**.

CUSTOM RECIPE

If you've swapped your beef strips to chicken strips, cut chicken into 2cm chunks. Add chicken to marinade as above and toss to coat. Continue with step.



6 Serve up

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

Enjoy!