

Asian Soy Beef & Ginger Rice Bowl

with Sautéed Veggies & Sesame-Fried Eggs

Grab your Meal Kit with this symbol



Ginger



Basmati Rice



Garlic



Carrot



Broccolini



Asian Greens



Lemon



Oyster Sauce



Beef Mince



Mixed Sesame Seeds



Herbs

Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **20-30 mins**
Ready in: **30-40 mins**

This sizzling oyster sauce-infused beef bowl is a joy unparalleled. Simplicity is the winner here, with a topping of a sesame-fried egg and a squeeze of fresh lemon being the crowning glory on this quick and easy weeknight winner.

Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar, Eggs

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
ginger	1 knob	2 knobs
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
carrot	1	2
broccolini	1 bunch	1 bunch
Asian greens	1 packet	1 packet
lemon	½	1
oyster sauce	45g	100g
soy sauce*	2 tbs	¼ cup
brown sugar*	1½ tsp	1 tbs
beef mince	1 packet	1 packet
mixed sesame seeds	½ sachet	1 sachet
eggs*	2	4
herbs	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3859kJ (922Cal)	652kJ (155Cal)
Protein (g)	47.4g	8g
Fat, total (g)	39.9g	6.7g
- saturated (g)	18.3g	3.1g
Carbohydrate (g)	78.6g	13.3g
- sugars (g)	11.7g	2g
Sodium (mg)	1912mg	323mg

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.



1 Make the ginger rice

Finely grate the **ginger**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **ginger** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



4 Cook the beef

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking it up with a spoon, until just browned, **4-5 minutes**. Add the **oyster sauce mixture** and cook until fragrant and heated through, **1-2 minutes**. Transfer to a second medium bowl.



2 Get prepped

While the rice is cooking, finely chop the **garlic**. Thinly slice the **carrot** (unpeeled) into half-moons. Trim and halve the **broccolini**. Roughly chop the **Asian greens**. Zest the **lemon** to get a pinch, then slice into wedges.



3 Cook the veggies

In a small bowl, combine the **oyster sauce**, **soy sauce**, **brown sugar**, **garlic** and a generous squeeze of **lemon juice**. Set aside. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **broccolini** until just tender, **5-6 minutes**. Add the **Asian greens**, **lemon zest** and remaining **ginger** and cook until tender and fragrant, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



5 Fry the sesame eggs

Wash and dry the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Add the **mixed sesame seeds** (see ingredients), then crack in the **eggs** on top. Cook until the egg whites are cooked and the yolks are just firm, **4-5 minutes**.

TIP: This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.



6 Serve up

Roughly chop the **herbs**. Divide the ginger rice, soy beef and veggies between bowls. Top with the sesame-fried eggs and garnish with the herbs. Serve with any remaining lemon wedges.

Enjoy!