



# Ginger Beef Rice Bowl

with Pickled Onion & Japanese Mayo

Grab your Meal Kit with this symbol



Basmati Rice



Red Onion



Ginger



Garlic



Asian Greens



Cucumber



Carrot



Teriyaki Sauce



Mayonnaise



Japanese Dressing



Sesame Seeds



Beef Mince

Hands-on: **20-30 mins**  
 Ready in: **25-35 mins**

Add tons of flavour to your beef with a tasty sauce mixture plus loads of veggies, then fill your bowl with a bed of rice, pickled onion, fresh cucumber and a sensational mayo. This is a recipe for a bowl you won't forget.

### Pantry items

Olive Oil, Rice Wine Vinegar (or White Wine Vinegar), Soy Sauce, Brown Sugar, 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
red onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
Asian greens	1 bag	1 bag
cucumber	1 (medium)	1 (large)
carrot	1	2
teriyaki sauce	1 packet (65g)	1 packet (130g)
soy sauce*	1 tbs	2½ tbs
brown sugar*	1 tbs	2½ tbs
sesame oil*	1 tbs	2 tbs
mayonnaise	1 packet (40g)	1 large packet (80g)
Japanese dressing	1 packet (30g)	2 packets (60g)
sesame seeds	1 sachet	1 sachet
beef mince	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3211kJ (767Cal)	521kJ (125Cal)
Protein (g)	38g	6.2g
Fat, total (g)	28.8g	4.7g
- saturated (g)	5g	0.8g
Carbohydrate (g)	90g	14.6g
- sugars (g)	20.6g	3.3g
Sodium (mg)	1336mg	217mg

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](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

Boil the kettle. Half-fill a medium saucepan with the boiling water. Add the **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain and set aside.



## Cook the beef

Heat a large frying pan over a medium-high heat. Toast the **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl. 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 browned, **3-4 minutes**. Add the **ginger** and **garlic** and cook until fragrant, **1 minute**.



## Pickle the onion

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



## Cook the veggies

Add the **carrot** and **Asian greens** to the beef and cook, stirring, until softened, **2 minutes**. Add the **teriyaki sauce mixture** and stir until the beef is coated, **30 seconds**. Remove from the heat.



## Get prepped

Finely grate the **ginger** and **garlic**. Roughly chop the **Asian greens**. Thinly slice the **cucumber** into half-moons. Grate the **carrot**. In a small bowl, combine the **teriyaki sauce**, **soy sauce**, **brown sugar** and **sesame oil**. Set aside. In a second small bowl, combine the **mayonnaise** and **Japanese dressing**. Set aside.



## Serve up

Drain the pickled onion. Divide the basmati rice between bowls. Top with the ginger beef and veggies, cucumber and pickled onion. Top with the Japanese mayo. Garnish with the toasted sesame seeds to serve.

Enjoy!