



2

Teriyaki Lemongrass Beef

with Jasmine Rice and Carrot Pickle

Classic Eat Me Early • 25-30 Minutes • 1 of your 5 a day



	Spring Onion		Green Beans
	Carrot		Jasmine Rice
	Rice Vinegar		Roasted White Sesame Seeds
	Beef Mince		Teriyaki Sauce
	Ginger & Lemongrass Puree		

Pantry Items
Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Peeler, saucepan, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Spring Onion**	1	1	2
Green Beans**	80g	150g	150g
Carrot**	1	2	2
Jasmine Rice	150g	225g	300g
Rice Vinegar	1 sachet	1 sachet	2 sachets
Roasted White Sesame Seeds 3)	5g	7g	7g
Beef Mince**	240g	360g	480g
Teriyaki Sauce 11)	100g	150g	200g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
	362g	100g
Energy (kJ/kcal)	2816 / 673	778 / 186
Fat (g)	20.8	5.7
Sat. Fat (g)	8.6	2.4
Carbohydrate (g)	86.2	23.8
Sugars (g)	22.8	6.3
Protein (g)	34.1	9.4
Salt (g)	3.32	0.92

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Trim and thinly slice the **spring onion**. Trim the **green beans** and cut into thirds.

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.



Cook the Rice

Pour the cold **water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Pickling Time

In a medium bowl, combine the **rice vinegar**, **sugar for the pickle** (see ingredients for amount) and **half the toasted sesame seeds**. Season with **salt and pepper**.

Add the **carrot ribbons**, mix to coat, then set aside to pickle.



Fry the Beef

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt and pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Mix Things Up

Once the **mince** has browned, lower the heat to medium.

Add the **green beans**, **ginger**, **garlic & lemongrass paste** and a splash of **water**, then cover with a lid and cook for 2-3 mins.

Remove the lid, then stir in the **teriyaki sauce**, **water for the sauce** (see ingredients for amount) and **half the spring onion**.

Simmer (uncovered) until the **sauce** has thickened and the **beans** are tender, 2-3 mins. Add a splash of **water** if it gets too thick.



Serve

When everything is ready, fluff up the **rice** with a fork and share between your bowls.

Top with the **teriyaki lemongrass beef** and sprinkle over the remaining **spring onion** and **sesame seeds**.

Serve with the **carrot pickle** alongside.

Enjoy!