



# Quick Japanese-Style Beef & Veggie Stir-Fry

with Rapid Rice & Sesame Mayo

CUSTOMER FAVOURITE

KID FRIENDLY

BEST SELLER

Grab your Meal Kit with this symbol



Jasmine Rice



Spring Onion



Teriyaki Sauce



Mayonnaise



Beef Mince



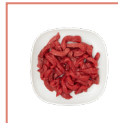
Asian Stir-Fry Mix



Garlic Paste



Mixed Sesame Seeds



Beef Strips

Prep in: **20-30 mins**  
Ready in: **25-35 mins**

Fragrant rice piled with stir-fried veggies and beef, could this be the new favourite dinner? When we season the beef with a teriyaki sesame sauce mixture then it's certainly a guarantee.

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

### Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Rice Wine), Soy Sauce, Sesame Oil

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
spring onion	1 stem	2 stems
teriyaki sauce	1 packet (65g)	1 packet (130g)
<b>brown sugar*</b>	3 ½ tsp	2 ½ tbs
<b>vinegar*</b> (white wine or rice wine)	1 tsp	2 tsp
<b>soy sauce*</b>	1 tbs	2 tbs
<b>sesame oil*</b>	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet
beef mince	1 packet	1 packet (or 2 packets)
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
garlic paste	1 medium packet	1 large packet
mixed sesame seeds	½ sachet	1 sachet
beef strips**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3495kJ (835Cal)	796kJ (190Cal)
Protein (g)	38.1g	8.7g
Fat, total (g)	34.1g	7.8g
- saturated (g)	10.9g	2.5g
Carbohydrate (g)	89.2g	20.3g
- sugars (g)	23.5g	5.4g
Sodium (mg)	1112mg	253mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3096kJ (740Cal)	706kJ (169Cal)
Protein (g)	38.2g	8.7g
Fat, total (g)	24.7g	5.6g
- saturated (g)	6.3g	1.4g
Carbohydrate (g)	89.2g	20.3g
- sugars (g)	23.5g	5.4g
Sodium (mg)	1124mg	256mg

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.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW30



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## Cook the rice

- Add the **water** to a medium saucepan, then bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

3



## Cook the beef & veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef mince**, breaking up with a spoon, until browned, **2-3 minutes**.
- Add **Asian stir-fry mix**, stirring, until softened, **2-3 minutes**.
- Add **garlic paste** and **mixed sesame seeds (see ingredients)** and cook until fragrant, **1 minute**.
- Add the **teriyaki sauce mixture** and stir until beef is coated, **1-2 minutes**.

**Custom Recipe:** Heat the frying pan as above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Continue as above.

2



## Get prepped

- Meanwhile, thinly slice **spring onion**.
- In a small bowl, combine **teriyaki sauce**, the **brown sugar**, **vinegar**, **soy sauce** and half the **sesame oil**. Set aside.
- In a second small bowl, combine **mayonnaise** and remaining **sesame oil**. Set aside.

**Little cooks:** Kids can take charge by combining the sauces!

**Custom Recipe:** If you've upgraded from beef mince to beef strips, discard any liquid from beef strips packaging.

4



## Serve up

- Divide jasmine rice between bowls. Top with Japanese-style beef and veggie stir-fry.
- Dollop with sesame mayo. Garnish with spring onion to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the spring onion!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)