



Japanese-Style Beef & Pork Stir-Fry

with Jasmine Rice, Veggies & Sesame Mayo

BESTSELLER

KID FRIENDLY



Grab your Meal Kit with this symbol



Jasmine Rice



Spring Onion



Teriyaki Sauce



Mayonnaise



Beef & Pork Mince



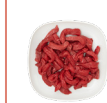
Asian Stir-Fry Mix



Garlic Paste



Mixed Sesame Seeds



Beef Strips

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

Fluffy rice piled with stir-fried veggies, beef and pork, 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
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
spring onion	1 stem	2 stems
teriyaki sauce	1 packet (65g)	1 packet (130g)
brown sugar*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
sesame oil*	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet
beef & pork mince	1 packet	1 packet
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)	3474kJ (830Cal)	792kJ (189Cal)
Protein (g)	36.4g	8.3g
Fat, total (g)	35.4g	8.1g
- saturated (g)	10.6g	2.4g
Carbohydrate (g)	89.8g	20.5g
- sugars (g)	23.3g	5.3g
Sodium (mg)	1222mg	278mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3108kJ (743Cal)	708kJ (169Cal)
Protein (g)	38.4g	8.8g
Fat, total (g)	24.6g	5.6g
- saturated (g)	6.4g	1.5g
Carbohydrate (g)	89.8g	20.5g
- sugars (g)	23.3g	5.3g
Sodium (mg)	1215mg	277mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW34



1



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 mince & veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef & pork 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 mince is coated, **1-2 minutes**.

Custom Recipe: Heat the frying pan and oil as above. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Return all beef to the pan, then continue with step.

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 to beef strips, discard any liquid from beef strips packaging.

4



Serve up

- Divide jasmine rice between bowls. Top with Japanese-style beef, pork 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

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