



Ginger Beef & Pork Rice Bowl

with Pickled Cucumber & Japanese Mayo

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Cucumber



Garlic



Carrot



Asian Greens



Teriyaki Sauce



Mayonnaise



Japanese Dressing



Sesame Seeds



Beef & Pork Mince



Ginger Paste



Beef Strips

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

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

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

Pantry items

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
cucumber	1 (medium)	1 (large)
vinegar* (rice wine or white wine)	¼ cup	½ cup
garlic	2 cloves	4 cloves
carrot	1	2
Asian greens	1 bunch	2 bunches
teriyaki sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
sesame oil*	1 tbs	1½ tbs
water*	2 tbs	¼ cup
mayonnaise	1 medium packet	1 large packet
Japanese dressing	1 packet (30g)	2 packets (60g)
sesame seeds	1 sachet	1 sachet
beef & pork mince	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3789kJ (906Cal)	652kJ (156Cal)
Protein (g)	36.5g	6.3g
Fat, total (g)	43g	7.4g
- saturated (g)	11.1g	1.9g
Carbohydrate (g)	88.6g	15.3g
- sugars (g)	20.7g	3.6g
Sodium (mg)	1279mg	220mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3423kJ (818Cal)	589kJ (141Cal)
Protein (g)	38.5g	6.6g
Fat, total (g)	32.2g	5.5g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	88.6g	15.3g
- sugars (g)	20.7g	3.6g
Sodium (mg)	1271mg	219mg

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



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1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain and set aside.
- Meanwhile, thinly slice **cucumber** into half-moons.
- In a medium bowl, combine the **vinegar** and a generous pinch of **salt** and **sugar**. Add **cucumber** to pickling liquid with just enough **water** to cover **cucumber**. Stir to coat and set aside.

3



Cook the mince & veggies

- Heat a large frying pan over medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **beef & pork mince**, breaking up with a spoon, until browned, **3-4 minutes**.
- Add **ginger paste** and **garlic** and cook until fragrant, **1 minute**. Add **carrot** and **Asian greens** and cook, stirring, until softened, **2 minutes**.
- Add **teriyaki sauce mixture** and stir until coated, **30 seconds**.

Custom Recipe: If you've upgraded to beef strips, heat the pan over high heat with a drizzle of olive oil. Cook beef in batches, tossing, until browned, 1-2 minutes. Continue with step.

2



Get prepped

- Finely chop **garlic**. Grate the **carrot**. Roughly chop **Asian greens**.
- In a small bowl, combine **teriyaki sauce**, the **soy sauce**, **brown sugar**, **sesame oil** and the **water**. Set aside.
- In a second small bowl, combine **mayonnaise** and **Japanese dressing**. Set aside.

4



Serve up

- Drain pickled cucumber. Divide basmati rice between bowls.
- Top with ginger beef and pork and pickled cucumber.
- Garnish with toasted sesame seeds. Drizzle with Japanese mayo to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the sesame seeds!

Rate your recipe

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