



Teriyaki Beef & Courgette Rice Bowl

with Pickled Onion & Sesame Dressing

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Onion



Courgette



Garlic



Teriyaki Sauce



Sesame Seeds



Shredded Cabbage Mix



Beef Mince



Ginger Paste



Sesame Dressing



Beef Strips

Recipe Update

We've replaced the button mushrooms in this recipe with courgette due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Centre yourself and relax with a bowl of ginger flavoured beef mince. The courgette really lend an earthy taste that's too good to be true. So sit back and enjoy this easy to make dinner with no fuss and a lot of flavour.

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice 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
onion	½	1
courgette	1	2
garlic	2 cloves	4 cloves
vinegar* (white wine or rice wine)	¼ cup	½ cup
teriyaki sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2½ tbs
brown sugar*	1 tbs	2½ tbs
sesame oil*	4 tsp	2½ tbs
sesame seeds	1 sachet	1 sachet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
beef mince	1 small packet	2 small packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
sesame dressing	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)	3611kJ (863Cal)	668kJ (160Cal)
Protein (g)	41g	7.6g
Fat, total (g)	36g	6.7g
- saturated (g)	10.4g	1.9g
Carbohydrate (g)	85.8g	15.9g
- sugars (g)	19.2g	3.6g
Sodium (mg)	1078mg	199mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3212kJ (768Cal)	594kJ (142Cal)
Protein (g)	41.1g	7.6g
Fat, total (g)	26.6g	4.9g
- saturated (g)	5.8g	1.1g
Carbohydrate (g)	85.8g	15.9g
- sugars (g)	19.2g	3.6g
Sodium (mg)	1076mg	199mg

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.

3



Cook the beef & veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **courgette** and **shredded cabbage mix** until browned, **3-4 minutes**.
- Add **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.
- Add **ginger paste** and **garlic**, and cook until fragrant, **1 minute**.
- Add **teriyaki sauce mixture** and stir until the mince is coated, **30 seconds**.

Custom Recipe: If you've swapped to beef strips, before cooking the courgette, return pan to high heat with a drizzle of olive oil. Discard liquid from beef strips packaging. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate. Return beef to the pan with teriyaki sauce.

2



Get prepped

- Meanwhile, thinly slice **onion** (see ingredients). Slice **courgette** into half-moons. Finely chop **garlic**.
- In a medium bowl, combine the **vinegar** and a generous pinch of **salt** and **sugar**. Add **onion** to pickling liquid with just enough **water** to cover onion. Stir to coat and set aside.
- In a small bowl, combine **teriyaki sauce**, the **soy sauce**, **brown sugar** and the **sesame oil**. Set aside.
- Heat a large frying pan over medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a second small bowl.

4



Serve up

- Drain pickled onion. Divide basmati rice between bowls.
- Top with teriyaki beef and courgette stir-fry and pickled onion.
- Garnish with toasted sesame seeds. Drizzle with **sesame dressing** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnish!

Rate your recipe

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