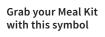


KID FRIENDLY













Courgette



Teriyaki Sauce





**Shredded Cabbage** 





**Ginger Paste** 

Sesame Dressing



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.

### **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**

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	2 People	4 People		
olive oil*	refer to method	refer to method		
basmati rice	1 packet	1 packet		
onion	1/2	1		
courgette	1	2		
garlic	2 cloves	4 cloves		
vinegar* (white wine or rice wine)	1/4 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		

<sup>\*</sup>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		

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Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3212kJ</b> (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







## 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.



# 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.



# 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.



# 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

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate