



Teriyaki Ginger Beef & Creamy Slaw Bowl

with Garlic Rice & Parsley

NEW

Grab your meal kit with this number

1



Garlic Paste



Jasmine Rice



Pear



Spring Onion



Teriyaki Sauce



Ginger Paste



Beef Strips



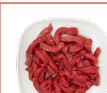
Slaw Mix



Mayonnaise



Parsley



Beef Strips



Beef Rump

Prep in: 15-25 mins
Ready in: 25-35 mins

Our favourite thing about a slaw bowl is how easy it is to add variety to it! This one combines garlic rice with creamy pear slaw, topped off with tender strips of beef in a fragrant ginger and teriyaki glaze. Let's add a final flourish with crispy shallots, and you're ready to jump in!

Pantry items

Olive Oil, Butter, Brown Sugar, Vinegar (White Wine or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
butter*	20g	40g
garlic paste	1 medium packet	1 large packet
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
pear	1	2
spring onion	1 stem	2 stems
teriyaki sauce	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
brown sugar*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	2 tsp	4 tsp
beef strips	1 medium packet	2 medium packets OR 1 large packet
slaw mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3592kJ (859Cal)	835kJ (200Cal)
Protein (g)	36.1g	8.4g
Fat, total (g)	36.6g	8.5g
- saturated (g)	12.8g	3g
Carbohydrate (g)	95g	22.1g
- sugars (g)	23.1g	5.4g
Sodium (mg)	1034mg	240mg
Dietary Fibre (g)	5.1g	1.2g

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

2024 | CW28



Cook the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic paste** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10-15 minutes**.

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



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips**, tossing, until browned and cooked through, **1-2 minutes**.
- Reduce heat to medium-high, then add **teriyaki sauce mixture** to **beef** and cook, stirring, until well coated, **1-2 minutes**.

TIP: Cook the meat in batches for best results.



Get prepped

- While the rice is cooking, thinly slice **pear**. Thinly slice **spring onion**.
- In a small bowl, combine **teriyaki sauce**, **ginger paste**, the **brown sugar**, **vinegar** and a splash of **water**. Set aside.



Serve up

- In a large bowl, combine **slaw mix**, pear, **mayonnaise** and a drizzle of vinegar. Season to taste.
- Divide garlic rice and creamy slaw between bowls.
- Top with teriyaki ginger beef and spoon over any remaining sauce.
- Tear over **parsley** and garnish with spring onion to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Thinly slice into strips. Cook as above, for 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

