



# Asian Beef & Avocado Poke Bowl

with Pickled Carrot & Sriracha

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

30



### Recipe Update

We've replaced the sesame seeds in this recipe with chilli flakes due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Garlic



Jasmine Rice



Cucumber



Carrot



Avocado



Sweet Soy Seasoning



Beef Strips



Sweet Chilli Sauce



Sriracha



Chilli Flakes (Optional)



Beef Strips



Beef Rump

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

Protein Rich

Carb Smart

Who loves a poke bowl? We do! You can throw together whatever ingredients you like for a satiating and tasty meal. This one has sweet and spicy marinated beef, pickled veg and creamy avo, all piled onto fluffy and flavourful garlic rice. Dig in!

### Pantry items

Olive Oil

## 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 lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
jasmine rice	1 medium packet	1 large packet
<b>water*</b>	1¼ cups	2½ cups
cucumber	1 (medium)	1 (large)
carrot	1	2
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
avocado	1 (small)	1 (large)
sweet soy seasoning	1 medium sachet	2 medium sachets
beef strips	1 medium packet	2 medium packets OR 1 large packet
sweet chilli sauce	1 small packet	1 medium packet
sriracha	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1874kJ (448cal)	235kJ (56cal)
Protein (g)	33.8g	4.2g
Fat, total (g)	17.5g	2.2g
- saturated (g)	4.7g	0.6g
Carbohydrate (g)	38.6g	4.8g
- sugars (g)	11.9g	1.5g
Sodium (mg)	600mg	75.2mg
Dietary Fibre (g)	5.6g	0.7g

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](https://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 | CW34



## Cook the garlic rice

- Finely chop **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over medium heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Add **jasmine rice**, **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 the 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

- Discard any **liquid** from **beef strips** packaging. In a medium bowl combine **beef strips**, **sweet soy seasoning** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat, add **sweet chilli sauce** and toss **beef** to combine.

**TIP:** Cooking the meat in batches over high heat helps it stay tender.

### CUSTOM OPTIONS

**+** **DOUBLE BEEF STRIPS**  
Follow method above.

**↻** **SWAP TO BEEF RUMP**  
In a large frying pan, cook with a drizzle of olive oil, turning, for 4-6 minutes for medium. Transfer to a plate to rest. Slice before serving.

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



## Get prepped

- Meanwhile, slice **cucumber** into rounds. Using a vegetable peeler, peel **carrot** into ribbons.
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Add **carrot** to **pickling liquid** with enough **water** to just cover **carrot**. Set aside.
- Slice **avocado** (see ingredients) in half, scoop out flesh and cut into quarters.



## Serve up

- Add a splash of pickling liquid to the rice and stir to combine. Season to taste.
- Drain pickled carrot.
- Divide jasmine rice between bowls.
- Top with Asian beef, cucumber, pickled carrot and avocado.
- Drizzle over **sriracha** and garnish with **chilli flakes** (if using) to serve. Enjoy!