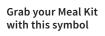


Asian-Style Beef Rice Bowl with Cucumber, Fried Egg & Soy Mayonnaise

NEW

KID FRIENDLY













Crushed Peanuts Cucumber















Oyster Sauce

Beef Mince



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

Inject your night with a burst of flavour by combining oyster and soy sauce to marinate beef, then add it to aromatic garlic rice. Top this baby off with a fried egg, sunny side up (of course) and a dollop of soy mayo for a dish that'll have you salivating long before you plate up.

Pantry items

Olive Oil, Butter, Brown Sugar, Soy Sauce, Eggs

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

2 People	4 People
refer to method	refer to method
3 cloves	6 cloves
20g	40g
1¼ cups	2½ cups
1 packet	1 packet
1 packet	2 packets
1 (medium)	1 (large)
1/2	1
1 bag (100g)	1 bag (200g)
1 bunch	2 bunches
1 medium packet	1 large packet
1 packet	1 packet
1 medium packet	1 large packet
2 tsp	4 tsp
½ tbs	1 tbs
2	4
	refer to method 3 cloves 20g 1½ cups 1 packet 1 packet 1 (medium) ½ 1 bag ((100g) 1 bunch 1 medium packet 1 packet 1 medium packet 2 tsp ½ tbs

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4333kJ (1036Cal)	725kJ (173Cal)
Protein (g)	49.9g	8.3g
Fat, total (g)	56g	9.4g
- saturated (g)	18.7g	3.1g
Carbohydrate (g)	76.2g	12.7g
- sugars (g)	11.2g	1.9g
Sodium (mg)	1399mg	234mg

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.



Cook the garlic rice

- Finely chop garlic. In a medium saucepan, heat the butter and a dash of olive oil over medium heat. Cook 1/2 the garlic until fragrant, 1-2 minutes.
- Add the water and a generous pinch of salt to pan and bring to the boil. Add
 jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and all water is absorbed, 10-15 minutes.
- When rice is done, stir through **crushed peanuts**.

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



Cook the beef & eggs

- Heat a large frying pan over medium-high heat with a drizzle of olive oil.
 Cook beef mince and green beans, breaking mince up with a spoon, until just browned, 3-4 minutes.
- Reduce heat to low, then add Asian greens, the oyster sauce, brown suger, soy sauce, the remaining garlic and a good squeeze of lemon juice. Season and toss until well coated, 1-2 minutes. Transfer to a bowl and cover to keep warm.
- Wipe out and return frying pan to high heat with a drizzle of olive oil. When
 oil is hot, crack the eggs into pan. Cook until egg whites are firm and yolks
 are cooked to your liking, 2-3 minutes.



Get prepped

- While the rice is cooking, thinly slice cucumber into rounds. Slice lemon into wedges. Trim green beans and cut in half. Roughly chop Asian greens.
- In a small bowl, combine mayonnaise and a drizzle of soy sauce.

Little cooks: Take charge by combining the sauces!



Serve up

- Divide garlic rice between bowls. Top with Asian-style beef, cucumber and a fried egg.
- Serve with soy mayo and any remaining lemon wedges. Enjoy!

Little cooks: Add the finishing touch by spooning over the soy mayo!