



Asian-Style Beef Rice Bowl

with Baby Broccoli, Fried Egg & Soy Mayonnaise

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Crushed Peanuts



Cucumber



Lemon



Green Beans



Baby Broccoli



Asian Greens



Mayonnaise



Oyster Sauce



Beef Mince

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

Inject your night with a burst of flavour by gently combining oyster and soy sauce marinated beef with aromatic garlic rice. Top this baby off with a fried egg, sunny side up (of course), baby broccoli 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
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1 ¼ cups	2 ½ cups
jasmine rice	1 packet	1 packet
crushed peanuts	1 packet	2 packets
cucumber	1 (medium)	1 (large)
lemon	½	1
green beans	1 bag (100g)	1 bag (200g)
baby broccoli	1 bag	1 bag
Asian greens	1 bunch	2 bunches
mayonnaise	1 medium packet	1 large packet
beef mince	1 packet	1 packet
oyster sauce	1 medium packet	1 large packet
brown sugar*	2 tsp	4 tsp
soy sauce*	½ tbs	1 tbs
eggs*	2	4

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4383kJ (1048Cal)	682kJ (163Cal)
Protein (g)	51.3g	8g
Fat, total (g)	56.1g	8.7g
- saturated (g)	18.7g	2.9g
Carbohydrate (g)	77.1g	12g
- sugars (g)	11.8g	1.8g
Sodium (mg)	1406mg	219mg

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Scan here if you have any questions or concerns

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1



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

3



Cook the beef & eggs

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **beef mince**, **baby broccoli** 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 sugar**, **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**.

2



Get prepped

- While the rice is cooking, thinly slice **cucumber** into rounds. Slice **lemon** into wedges. Trim **green beans** and **baby broccoli** 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!

4



Serve up

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

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

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