



# Quick Ginger Beef & Pork Mushroom Rice Bowl

with Pickled Onion & Japanese Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Onion



Garlic



Portabello Mushrooms



Teriyaki Sauce



Mayonnaise



Japanese Dressing



Sesame Seeds



Shredded Cabbage Mix



Beef & Pork Mince



Ginger Paste



Beef Strips

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

Centre yourself and relax with a bowl of ginger flavoured beef and pork mince. The mushrooms 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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 packet	1 packet
onion	1 (medium)	1 (large)
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
garlic	2 cloves	4 cloves
portabello mushrooms	1 packet	1 packet
teriyaki sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2½ tbs
<b>brown sugar*</b>	1 tbs	2½ tbs
<b>sesame oil*</b>	1 tbs	2½ tbs
mayonnaise	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
sesame seeds	1 medium sachet	2 medium sachets
shredded cabbage mix	1 bag (150g)	1 bag (300g)
beef & pork mince	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
beef strips**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3840kJ (918Cal)	691kJ (165Cal)
Protein (g)	38.5g	6.9g
Fat, total (g)	42.8g	7.7g
- saturated (g)	11.1g	2g
Carbohydrate (g)	88.3g	15.9g
- sugars (g)	21g	3.8g
Sodium (mg)	1231mg	221mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3474kJ (830Cal)	625kJ (149Cal)
Protein (g)	40.5g	7.3g
Fat, total (g)	32g	5.8g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	88.3g	15.9g
- sugars (g)	21g	3.8g
Sodium (mg)	1224mg	220mg

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

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## Cook the rice & pickle the onion

- 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.
- Meanwhile, thinly slice **onion**.
- In a medium bowl, combine the **vinegar** and a generous pinch of **salt** and **sugar**. Add **onion** to the **pickling liquid** with just enough **water** to cover the onion. Stir to coat and set aside.

3



## Cook the mince & veggies

- Heat a large frying pan over medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **mushrooms** and **shredded cabbage mix** until browned, **3-4 minutes**.
- Add **beef & pork 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:** After toasting the sesame seeds, return pan to high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate. Continue with step. Return beef to the pan along with teriyaki sauce mixture, tossing to coat.

2



## Get prepped

- Finely chop **garlic**. Thinly slice **portabello mushrooms**.
- In a small bowl, combine **teriyaki sauce**, the **soy sauce**, **brown sugar** and the **sesame oil**. Set aside.
- In a second small bowl, combine **mayonnaise** and **Japanese dressing**. Set aside.

**Custom Recipe:** If you've swapped from beef and pork mince to beef strips, discard any liquid from beef strips packaging.

4



## Serve up

- Drain pickled onion. Divide basmati rice between bowls.
- Top with ginger beef and pork, veggies and pickled onion.
- Drizzle with Japanese mayo. Garnish with toasted sesame seeds to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the garnish!

## Rate your recipe

Did we make your tastebuds happy?

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