



Ginger Beef Rice Bowl

with Pickled Onion & Japanese Mayo

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Ginger



Garlic



Asian Greens



Cucumber



Carrot



Teriyaki Sauce



Mayonnaise



Japanese Dressing



Mixed Sesame Seeds



Beef Mince

Hands-on: **25-35** mins
Ready in: **30-40** mins

Add tons of flavour to your beef with a tasty sauce mixture plus loads of veggies, then fill your bowl with a bed of rice, pickled onion, fresh cucumber and a sensational mayo. This is a recipe for a bowl you won't forget!

Pantry items

Olive Oil, Rice Wine Vinegar (or White Wine Vinegar), Soy Sauce, Brown Sugar, Sesame Oil

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
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
red onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
Asian greens	1 packet	1 packet
cucumber	1 (medium)	1 (large)
carrot	1	2
teriyaki sauce	1 packet (65g)	1 packet (130g)
soy sauce*	4 tsp	2½ tbs
brown sugar*	4 tsp	2½ tbs
sesame oil*	4 tsp	2½ tbs
mayonnaise	1 packet (40g)	1 packet (100g)
Japanese dressing	1 packet (30ml)	2 packets (60ml)
mixed sesame seeds	1 sachet	1 sachet
beef mince	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3690kJ (883Cal)	619kJ (148Cal)
Protein (g)	41.8g	7.0g
Fat, total (g)	38.7g	6.5g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	87.6g	14.7g
- sugars (g)	24.0g	4.0g
Sodium (mg)	1500mg	252mg

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.



1. Cook the rice

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



2. Pickle the onion

While the rice is cooking, thinly slice the **red onion (see ingredients list)**. In a small bowl, combine the **rice wine vinegar, water (for the pickle)** and a **generous pinch** of **salt** and **sugar**. Scrunch the **onion** in your hands, then add to the pickling liquid. Stir to coat and set aside until just before serving.



3. Get prepped

Finely grate the **ginger** and **garlic**. Roughly chop the **Asian greens**. Thinly slice the **cucumber** into half-moons. Grate the **carrot** (unpeeled). In a small bowl, combine the **teriyaki sauce, soy sauce, brown sugar** and **sesame oil**. Set aside. In a second small bowl, combine the **mayonnaise** and **Japanese dressing**. Set aside.



4. Cook the beef

Heat a large frying pan over a medium-high heat. Add the **mixed sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **ginger** and **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**.



5. Cook the veggies

Add the **carrot** and **Asian greens** to the **beef mince** and cook, stirring, until softened, **2 minutes**. Add the **teriyaki sauce mixture** and stir until the beef is coated in the sauce, **30 seconds**.



6. Serve up

Drain the pickled onion. Divide the jasmine rice between bowls and top with the ginger beef, veggies, cucumber and pickled onion. Garnish with the toasted sesame seeds and top with the Japanese mayo.

Enjoy!