



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



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	1 packet
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*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
sesame oil*	1 tbs	2 tbs
mayonnaise	1 packet (40g)	1 packet (100g)
Japanese dressing	1 packet (30g)	2 packets (60g)
sesame seeds	1 sachet	1 sachet
beef mince	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4108kJ (981Cal)	688kJ (164Cal)
Protein (g)	40.9g	6.9g
Fat, total (g)	42.8g	7.2g
- saturated (g)	13.2g	2.2g
Carbohydrate (g)	93.6g	15.7g
- sugars (g)	22.3g	3.7g
Sodium (mg)	1418mg	238mg

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.



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!



Cook the beef

Heat a large frying pan over a medium-high heat. Add the **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**. Cook the **ginger** and **garlic** until fragrant, **1 minute**. Add the **beef mince** and cook, breaking it up with a spoon, until browned, **3-4 minutes**.



Pickle the onion

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



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, **30 seconds**.



Get prepped

Finely grate the **ginger** and **garlic**. Roughly chop the **Asian greens**. Thinly slice the **cucumber** into half-moons. Grate the **carrot**. 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.



Serve up

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

Enjoy!