



# Japanese Beef & Garlic Rice Bowl

with Quick-Pickled Onion & Coconut-Chilli Mayo

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Red Onion



Ginger



Beef Strips



Baby Broccoli



Asian Greens



Japanese Dressing



Crispy Shallots



Coconut Sweet Chilli Mayonnaise

Hands-on: 25-35 mins  
Ready in: 35-45 mins

Add tons of flavour to beef with a tasty sauce mixture, then fill a bowl with garlicky jasmine rice, add the beef and loads of veggies and top it all off with pickled onion, crispy shallots and a sensational mayo. This is a recipe for a meal you won't forget!

## Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine), Soy Sauce, Honey, 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
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
ginger	1 knob	2 knobs
soy sauce*	2 ½ tbs	½ cup
honey*	1 tbs	2 tbs
sesame oil*	½ tbs	1 tbs
beef strips	1 packet	1 packet
baby broccoli	1 bag	1 bag
Asian greens	1 head	2 heads
Japanese dressing	1 packet (30g)	2 packets (60g)
crispy shallots	1 packet	1 packet
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3521kJ (841Cal)	658kJ (157Cal)
Protein (g)	42.1g	7.9g
Fat, total (g)	36.1g	6.7g
- saturated (g)	11.8g	2.2g
Carbohydrate (g)	85g	15.9g
- sugars (g)	15g	2.8g
Sodium (mg)	1168mg	218mg

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.



### Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** and a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **jasmine rice**, the **water** and a pinch of **salt**, stir, then bring to the boil. Cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove 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 veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **baby broccoli** until tender, **4-5 minutes**. Add the **Asian greens** and cook until wilted, **1 minute**. Transfer the **veggies** to a large bowl, then add the **Japanese dressing** and toss to coat. Set aside.



### Pickle the onion

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



### Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef strips**, in batches, tossing, until browned, **1-2 minutes**.

**TIP:** Cooking the meat in batches over a high heat helps it stay tender.



### Prep the beef & veggies

While the onion is pickling, finely grate the **ginger**. In a medium bowl, combine the **ginger**, **soy sauce**, **honey**, **sesame oil** and remaining **garlic**. Add the **beef strips** and toss to coat. Set aside to marinate. Cut the **baby broccoli** into thirds. Roughly chop the **Asian greens**.



### Serve up

Drain the pickled onion. Divide the garlic rice between bowls. Top with the veggies, Japanese beef and pickled onion. Garnish with the **crispy shallots** and serve with the **coconut sweet chilli mayonnaise**.

Enjoy!