

Japanese-Style Beef & Garlic Rice Bowl

with Veggies & Mango Mayo

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Onion



Carrot



Ginger Paste



Baby Spinach Leaves



Japanese Dressing



Crispy Shallots



Mango Mayonnaise



Beef Strips



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **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 crispy shallots and a sensational mayo. This is a recipe for a meal you won't forget!

Pantry items

Olive Oil, Butter, 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	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
onion	½	1
carrot	1	2
ginger paste	1 medium packet	1 large packet
soy sauce*	2 tbs	¼ cup
honey*	1 tbs	2 tbs
sesame oil*	½ tbs	1 tbs
beef strips	1 packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
Japanese dressing	1 packet (30g)	2 packets (60g)
crispy shallots	1 packet	1 packet
mango	1 packet	1 packet
mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3557kJ (850Cal)	684kJ (163Cal)
Protein (g)	41.3g	7.9g
Fat, total (g)	35.9g	6.9g
- saturated (g)	11.8g	2.3g
Carbohydrate (g)	90.6g	17.4g
- sugars (g)	17.1g	3.3g
Sodium (mg)	1294mg	249mg

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 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

2022 | CW35



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 **jasmine rice**, the **water** and a pinch of **salt**, stir, then bring to the boil. 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 water has absorbed, **10-15 minutes**.

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

4



Cook the veggies

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

2



Get prepped

- Meanwhile, thinly slice **onion** (see ingredients). Thinly slice **carrot** into half-moons.

5



Cook the beef

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** until browned and softened, **3-4 minutes**.
- Add **beef strips** and cook, tossing, until browned, **1-2 minutes**.

TIP: Cook the meat in batches over a high heat for best results.

3



Flavour the beef

- In a medium bowl, combine **ginger paste**, the **soy sauce**, **honey**, **sesame oil** and remaining **garlic**.
- Add **beef strips** and toss to coat. Set aside to marinate.

6



Serve up

- Divide garlic rice between bowls. Top with veggies and Japanese-style beef.
- Garnish with **crispy shallots** and serve with **mango mayonnaise**. Enjoy!

Rate your recipe

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