

# Japanese-Style Beef & Garlic Rice Bowl

with Veggies & Coconut-Chilli Mayo

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Onion



Broccoli



Carrot



Ginger Paste



Yuzu Vinaigrette



Crispy Shallots



Coconut Sweet Chilli 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 pickled onion, 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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
jasmine rice	1 packet	1 packet
<b>water*</b>	1¼ cups	2½ cups
onion	½	1
broccoli	½ head	1 head
carrot	1	2
ginger paste	1 medium packet	1 large packet
<b>soy sauce*</b>	2 tbs	¼ cup
<b>honey*</b>	1 tbs	2 tbs
<b>sesame oil*</b>	½ tbs	1 tbs
beef strips	1 packet	1 packet
yuzu vinaigrette	1 medium packet	1 large packet
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)	3584kJ (857Cal)	722kJ (173Cal)
Protein (g)	40g	8.1g
Fat, total (g)	37.4g	7.5g
- saturated (g)	12.4g	2.5g
Carbohydrate (g)	90.6g	18.2g
- sugars (g)	16.4g	3.3g
Sodium (mg)	1293mg	260mg

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.



## 1 Make 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 is 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 **broccoli** and **carrot** until tender, **4-5 minutes**.
- Transfer **veggies** to a large bowl, then add **yuzu vinaigrette** and toss to coat. Set aside.



## 2 Get prepped

- Meanwhile, thinly slice **onion** (see ingredients). Cut **broccoli** (see ingredients) into small florets, then roughly chop the stalk. 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 Marinate the beef

- Combine **ginger paste**, the **soy sauce**, **honey**, **sesame oil** and remaining **garlic** in a medium bowl.
- 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 **coconut sweet chilli mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW37



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