

Japanese-Style Beef & Garlic Rice

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




Chicken Breast 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**

 Eat Me Early*
*Custom Recipe only

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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	2 ½ cups
onion	½	1
broccoli	½ head	1 head
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
yuzu vinaigrette	1 medium packet	1 large packet
crispy shallots	1 packet	1 packet
coconut sweet chilli mayonnaise (50g)	1 packet	1 packet (100g)
chicken breast strips**	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3552kJ (849Cal)	715kJ (171Cal)
Protein (g)	41.3g	8.3g
Fat, total (g)	36g	7.2g
- saturated (g)	11.8g	2.4g
Carbohydrate (g)	90.6g	18.2g
- sugars (g)	16.4g	3.3g
Sodium (mg)	1293mg	260mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3580kJ (855Cal)	673kJ (160Cal)
Protein (g)	40.5g	7.6g
Fat, total (g)	37.1g	7g
- saturated (g)	11.5g	2.2g
Carbohydrate (g)	90.6g	17g
- sugars (g)	16.4g	3.1g
Sodium (mg)	1342mg	252mg
Dietary Fibre (g)	8.8g	1.6g

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.

We're here to help!

Scan here if you have any questions or concerns



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1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt 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, **5-6 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). Chop **broccoli** (see ingredients) into small florets. Thinly slice **carrot** into half-moons.

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.

Custom Recipe: If you've swapped to chicken breast strips, cut chicken into 2cm chunks. Marinate chicken in the same way as the beef.

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 until browned, **1-2 minutes**.

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

Custom Recipe: After cooking the onion, add chicken and cook, tossing, until browned, 5-6 minutes.

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!

Rate your recipe

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