



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



Diced Chicken

Hands-on: **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 pickled onion, 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, 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*	2½ 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	1 packet	1 packet
chilli mayonnaise	(50g)	(100g)
diced chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

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

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3413kJ (815Cal)	609kJ (145Cal)
Protein (g)	45.4g	8.1g
Fat, total (g)	31.7g	5.7g
- saturated (g)	9.9g	1.8g
Carbohydrate (g)	85g	15.2g
- sugars (g)	15g	2.7g
Sodium (mg)	1180mg	211mg

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

2021 | CW45



1 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!



4 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.



2 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.



5 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.

CUSTOM RECIPE

Return the frying pan to a medium-high heat with a drizzle of olive oil. Cook the chicken, tossing, until browned, 5-6 minutes.



3 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**.

CUSTOM RECIPE

If you've swapped your beef strips for diced chicken, flavour the chicken in the ginger-soy mix as above. Continue with step.



6 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!