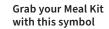
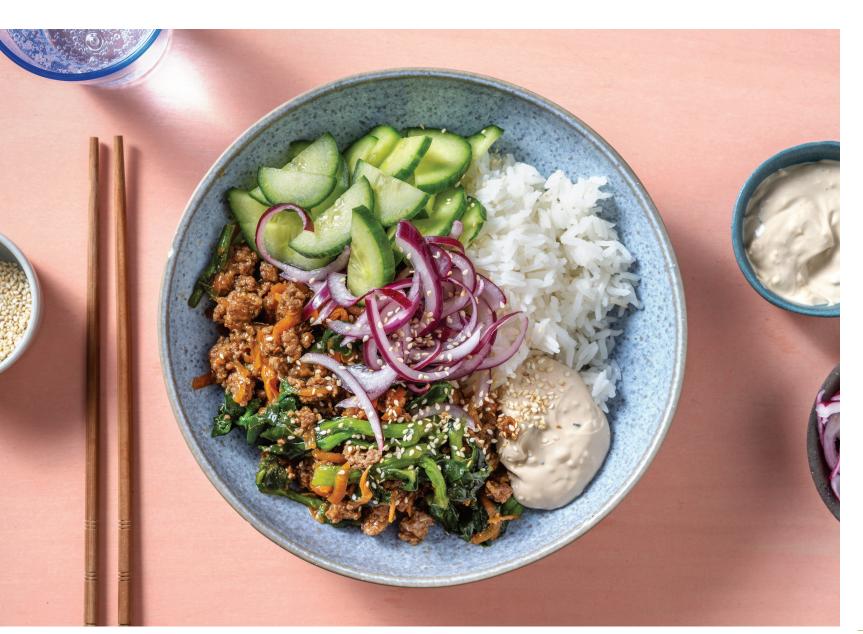
Ginger Beef Rice Bowl with Pickled Onion & Japanese Mayo















Ginger







Asian Greens



Carrot



Teriyaki Sauce



Mayonnaise



Japanese Dressing



Sesame Seeds



Hands-on: 20-30 mins Ready in: 25-35 mins

Pantry items

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

 ${\sf Medium\, saucepan \cdot Large\, frying\, pan}$

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
red onion	1/2	1
rice wine vinegar* (or white wine vinegar)	1/4 cup	½ cup
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
Asian greens	1 bag	1 bag
cucumber	1 (medium)	1 (large)
carrot	1	2
teriyaki sauce	1 packet (65g)	1 packet (130g)
soy sauce*	1 tbs	2½ tbs
brown sugar*	1 tbs	2½ tbs
sesame oil*	1 tbs	2 tbs
mayonnaise	1 packet (40g)	1 large packet (80g)
Japanese dressing	1 packet (30g)	2 packets (60g)
sesame seeds	1 sachet	1 sachet
beef mince	1 packet	1 packet

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
4088kJ (977Cal)	664kJ (158Cal)
40.5g	6.6g
42.7g	6.9g
14g	2.3g
93.3g	15.2g
23.2g	3.8g
1187mg	193mg
	4088kJ (977Cal) 40.5g 42.7g 14g 93.3g 23.2g

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.



Cook the rice

Boil the kettle. Half-fill a medium saucepan with the boiling water. Add the **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain and set aside.



Pickle the onion

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



Get prepped

Finely grate the **ginger** and **garlic**. Roughly chop the **Asian greens**. Thinly slice the **cucumber** into half-moons. Grate the **carrot**. In a small bowl, combine the **teriyaki sauce**, **soy sauce**, **brown sugar** and **sesame oil**. Set aside. In a second small bowl, combine the **mayonnaise** and **Japanese dressing**. Set aside.



Cook the beef

Heat a large frying pan over a medium-high heat. Toast the **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking it up with a spoon, until browned, **3-4 minutes**. Add the **ginger** and **garlic** and cook until fragrant, **1 minute**.



Cook the veggies

Add the **carrot** and **Asian greens** to the beef and cook, stirring, until softened, **2 minutes**. Add the **teriyaki sauce mixture** and stir until the beef is coated, **30 seconds**. Remove from the heat.



Serve up

Drain the pickled onion. Divide the basmati rice between bowls. Top with the ginger beef and veggies, cucumber and pickled onion. Top with the Japanese mayo. Garnish with the toasted sesame seeds to serve.

Enjoy!