

Vietnamese Caramelised Beef Bowl

with Garlic Rice, Rainbow Slaw & Aioli

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Herbs



Cucumber



Beef Mince



Ginger Paste



Sesame Oil Blend



Shredded Cabbage Mix



Oyster Sauce



Crushed Peanuts



Garlic Aioli

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 30-40 mins

This bountiful bowl has "new favourite" written all over it! The oyster sauce and ginger paste are the key ingredients, giving a delicious flavour kick to the beef mince. With a crunchy rainbow slaw, garlic rice and a dollop of aioli to top things off, you'll happily devour this dish with speed.

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Brown Sugar, Soy Sauce

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* (for the rice) | 1¼ cups | 2½ cups |
| carrot | 1 | 2 |
| herbs | 1 bag | 1 bag |
| cucumber | 1 (medium) | 1 (large) |
| beef mince | 1 packet | 1 packet |
| ginger paste | 1 medium packet | 1 large packet |
| sesame oil blend | ½ packet | 1 packet |
| rice wine vinegar* | drizzle | drizzle |
| shredded cabbage mix | 1 bag (150g) | 1 bag (300g) |
| brown sugar* | 1½ tsp | 3 tsp |
| oyster sauce | 1 packet (45g) | 1 packet (100g) |
| soy sauce* | 1 tbs | 2 tbs |
| water* (for the sauce) | 2 tbs | ¼ cup |
| crushed peanuts | 1 packet | 2 packets |
| garlic aioli | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4332kJ (1035Cal) | 783kJ (187Cal) |
| Protein (g) | 42.2g | 7.6g |
| Fat, total (g) | 57.1g | 10.3g |
| - saturated (g) | 17.8g | 3.2g |
| Carbohydrate (g) | 81.8g | 14.8g |
| - sugars (g) | 13.4g | 2.4g |
| Sodium (mg) | 1522mg | 275mg |

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.



Make the garlic rice

Finely chop **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add **jasmine rice**, **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid. 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!



Make the slaw

In a large bowl, combine a drizzle of **rice wine vinegar** and **olive oil**. Season with **salt** and **pepper**. Add **carrot**, **shredded cabbage mix** and **herbs** (reserving a pinch for a garnish). Toss to combine and set aside.

Little cooks: Take the lead by tossing the slaw!



Get prepped

While the rice is cooking, grate **carrot**. Pick and roughly chop **herbs**. Thinly slice **cucumber**.



Cook the beef

When the rice has **10 minutes** cook time remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef mince mixture**, breaking it up with a spoon, until browned, **3-4 minutes**. Add the **brown sugar** and cook, stirring, until sticky, **1 minute**. Reduce heat to low, then add **oyster sauce**, the **soy sauce** and **water (for the sauce)**. Season with **pepper** and toss until well coated, **1 minute**.

Little cooks: Kids can help out with measuring the brown sugar.



Flavour the beef

In a medium bowl, combine **beef mince**, **ginger paste**, remaining **garlic** and **sesame oil blend** (see ingredients).

Little cooks: Join the fun by helping combine the ingredients.



Serve up

Divide garlic rice between bowls. Top with Vietnamese caramelised beef, rainbow slaw and cucumber. Garnish with **crushed peanuts** and reserved herbs. Dollop over **garlic aioli** to serve.

Enjoy!