



Japanese Beef Bowl

with Quick Pickled Onion & Coconut-Chilli Mayo

Grab your Meal Kit
with this symbol



Jasmine Rice



Red Onion



Garlic



Ginger Paste



Beef Strips



Carrot



Capsicum



Asian Greens



Mixed Sesame
Seeds



Japanese Dressing



Coconut Sweet
Chilli Mayonnaise



Beef
Rump

 Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Deliciously satisfying and full of colour, you won't be able to resist this Japanese beef bowl. From the umami flavour of the dressing to the sweet and sour notes of the pickled onion, every bite of this meal will have you wanting more.



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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce (or Gluten-Free Tamari Sauce), Honey

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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
soy sauce* (or gluten-free tamari sauce)	2 tbs	¼ cup
honey*	1 tbs	2 tbs
beef strips	1 small packet	1 medium packet
carrot	1	2
capsicum	1	2
Asian greens	1 bunch	2 bunches
mixed sesame seeds	1 medium packet	1 large packet
Japanese dressing	1 tub	2 tubs
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
beef rump**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3683kJ (880Cal)	555kJ (132Cal)
Protein (g)	46.8g	7g
Fat, total (g)	34.3g	5.2g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	89g	13.4g
- sugars (g)	25.9g	3.9g
Sodium (mg)	1082mg	163mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3670kJ (877Cal)	574kJ (137Cal)
Protein (g)	43g	6.7g
Fat, total (g)	35.7g	5.6g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	89.8g	14.1g
- sugars (g)	26.4g	4.1g
Sodium (mg)	1097mg	172mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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.com.au/contact

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1



Cook the rice

Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan 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

Heat a large frying pan over a medium-high heat. Add the **mixed sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a medium bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **carrot** and **capsicum** and cook until tender, **4-5 minutes**. Add the **Asian greens** and cook until tender, **1 minute**. Transfer to the bowl with the **sesame seeds**, along with the **Japanese dressing**. Toss to coat.

2



Pickle the onion

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

5



Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. Add 1/2 the **beef strips**, shaking off any excess marinade, and cook, tossing, until browned, **1-2 minutes**. Transfer to a plate. Repeat with the remaining **beef strips**.

CUSTOM RECIPE

Heat pan as above. When the oil is hot, cook the beef rump for 2-3 minutes on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

TIP: This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done.

3



Get prepped

Finely grate the **garlic**. In a medium bowl, combine the **ginger paste**, **garlic**, **soy sauce** and **honey**. Add the **beef strips** and toss to coat. Thinly slice the **carrot** into half-moons. Cut the **capsicum** into small pieces. Roughly chop the **Asian greens**.

CUSTOM RECIPE

Slice each beef rump in half to get 1 steak per person. Add the beef to the ginger-garlic mixture and toss to coat. Continue with step.

6



Serve up

Drain the pickled onion. Divide the rice between bowls. Top with the sesame veggies, Japanese beef and pickled onion. Serve with the **coconut sweet chilli mayonnaise**.

CUSTOM RECIPE

Thinly slice the steak before serving.

Enjoy!