



# ASIAN BEEF & SESAME RICE BOWL

with Japanese Mayo



Use Japanese dressing to give mayonnaise an Asian twist



Garlic



Basmati Rice



Ginger



Beef Rump



Carrot



Asian Greens



Cucumber



Mayonnaise



Japanese Dressing



Mixed Sesame Seeds

Hands-on: 30-40 mins  
Ready in: 40-50 mins

Inject your night with a burst of flavours by combining gently marinated, bite-sized beef with aromatic garlic rice. Top this baby off with a sesame fried egg and a drizzle of Japanese mayo for a dish that'll have you salivating long before you plate up.

**Pantry Staples:** Olive Oil, Butter, Soy Sauce, Brown Sugar, Eggs

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



## 1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **2/3** of the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.



## 2 FLAVOUR THE BEEF

While the rice is cooking, finely grate the **ginger**. In a large bowl, combine the **ginger**, **soy sauce**, **brown sugar**, **water (for the sauce)** and the **remaining garlic**. Cut the **beef rump** into 2cm chunks. Add the **beef** to the **ginger-soy mixture**. Toss to coat, then set aside. **TIP:** *If you have time, let the beef marinate for 10-15 minutes to help develop flavour.*



## 3 PREP THE VEG

Thinly slice the **carrot** (unpeeled) and **cucumber** into half-moons. Roughly chop the **Asian greens**. In a small bowl, combine the **mayonnaise** and **Japanese dressing**.



## 4 COOK THE VEGGIES & BEEF

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and cook until just softened, **3-4 minutes**. Add the **Asian greens** and cook until just wilted, **1-2 minutes**. Season with a **pinch** of **salt** and **pepper**. Transfer a plate and cover to keep warm. Return the pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, using tongs, pick up the **beef** and let the excess marinade drip back into the bowl. Add the **beef** to the pan and cook, tossing, for **2-3 minutes**, or until cooked to your liking. Transfer to a plate to rest.



## 5 COOK THE SESAME EGG

Return the frying pan to a medium heat and add the excess **marinade**, cook, stirring, for **2 minutes**. Remove from the heat, add the **beef** and any **resting juices** to the sauce and stir to coat. Transfer to a plate. Wash out the pan and return to a medium-high heat with a **drizzle** of **olive oil**. Crack in the **eggs** and sprinkle over **1/2** the **mixed sesame seeds** and cook until the yolk is cooked to your liking, **4-6 minutes**.



## 6 SERVE UP

Stir the remaining mixed sesame seeds into the garlic rice. Divide the sesame garlic rice between bowls and top with the Asian beef, carrot, Asian greens and cucumber. Top with a sesame fried egg and serve with the Japanese mayo on the side.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic	3 cloves	6 cloves
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
soy sauce*	2 tbs	4 tbs
brown sugar*	1 tbs	2 tbs
water* (for the sauce)	¼ cup	½ cup
beef rump	1 packet	1 packet
carrot	1	2
cucumber	1 (medium)	1 (large)
Asian greens	1 packet	1 packet
mayonnaise	1 packet (40g)	2 packets (80g)
Japanese dressing	1 packet (30g)	2 packets (60g)
eggs*	2	4
mixed sesame seeds	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3750kJ (895Cal)	653kJ (156Cal)
Protein (g)	50.9g	8.9g
Fat, total (g)	40.2g	7.0g
- saturated (g)	11.5g	2.0g
Carbohydrate (g)	78.0g	13.6g
- sugars (g)	16.0g	2.8g
Sodium (g)	2720mg	475mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

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