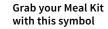
Japanese Beef Rice Bowl with Pickled Onion & Japanese Mayo





















Cucumber

Asian Greens



Carrot



Oyster Sauce



Mayonnaise



Japanese Dressing



Mixed Sesame Seeds



Pantry items

Olive Oil, Rice Wine Vinegar (or White Wine Vinegar), Soy Sauce, Brown Sugar, 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
water*	1¼ cups	2½ cups	
jasmine rice	1 packet	2 packets	
red onion	1/2	1	
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup	
ginger	1 knob	2 knobs	
garlic	2 cloves	4 cloves	
Asian greens	1 bunch	2 bunches	
cucumber	1	2	
carrot	1	2	
oyster sauce	1 sachet (50g)	1 sachet (100g)	
soy sauce*	1 tbs	2 tbs	
brown sugar*	1 tbs	2 tbs	
sesame oil*	1 tbs	2 tbs	
mayonnaise	1 packet (40g)	2 packets (80g)	
Japanese dressing	1 tub	2 tubs	
mixed sesame seeds	1 sachet	2 sachets	
beef mince	1 small packet	1 medium packet	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3650kJ (872Cal)	574kJ (137Cal)
Protein (g)	40g	6.3g
Fat, total (g)	38.6g	6.1g
- saturated (g)	7.7g	1.2g
Carbohydrate (g)	86.8g	13.6g
- sugars (g)	23.5g	3.7g
Sodium (mg)	2087mg	328mg

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.



Cook the rice

In a medium saucepan, bring the **water** 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!



Pickle the onion

While the rice is cooking, thinly slice the **red onion** (see ingredients). In a small 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. Add enough water to cover the **onion**, then stir to coat. Set aside until serving.



Get prepped

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



Cook the sesame seeds

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 plate.



Cook the beef

Return the frying pan to a medium-high heat with a drizzle of olive oil. Add the ginger and garlic and cook until fragrant, 1 minute. Cook the beef mince, breaking up with a spoon, until browned, 3-4 minutes. Add the carrot and cook for 2 minutes. Add the Asian greens and cook until wilted, 1-2 minutes. Add the oyster sauce mixture and stir until the beef is coated in the sauce, 30 seconds.



Serve up

Drain the pickled onion. Divide the jasmine rice between bowls and top with the Japanese beef, pickled onion and cucumber. Garnish with the toasted sesame seeds and top with the Japanese mayo.

Enjoy!