



# Japanese Beef Rice Bowl

with Pickled Onion & Japanese Mayo

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Ginger



Garlic



Asian Greens



Cucumber



Carrot



Oyster Sauce



Mayonnaise



Japanese Dressing



Mixed Sesame Seeds



Beef Mince

Hands-on: 25-35 mins  
Ready in: 30-40 mins

Add tons of flavour to beef with a tasty sauce mixture, then fill a bowl with jasmine rice, add the beef and loads of veggies and top it all off with pickled onion, sesame seeds and a sensational mayo. This is a recipe for a meal you won't forget!

### 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

	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	½	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](https://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!



## 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.



## 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.



## 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**.



## 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.



## 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!