



# Japanese Beef Bowl

with Quick Pickled Onion & Coconut-Chilli Mayo

Grab your Meal Kit  
with this symbol



Jasmine Rice



Red Onion



Ginger



Garlic



Beef Strips



Carrot



Capsicum



Asian Greens



Mixed Sesame  
Seeds



Japanese Dressing



Coconut Sweet  
Chilli Mayonnaise



Hands-on: **25-35** mins  
Ready in: **35-45** mins

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.

## Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Sugar, Soy 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 a 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
water (for the onion)	¼ cup	½ cup
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
soy sauce*	2 tbs	4 tbs
honey*	1 tbs	2 tbs
beef strips	1 packet	1 packet
carrot	1	2
capsicum	1	2
Asian greens	1 bunch	2 bunches
mixed sesame seeds	1 sachet	2 sachets
Japanese dressing	1 tub (30g)	2 tubs (60g)
coconut sweet chilli mayonnaise	1 tub (50g)	1 tub (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3580kJ (855Cal)	525kJ (125Cal)
Protein (g)	47.1g	6.9g
Fat, total (g)	33.7g	4.9g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	86.4g	12.7g
- sugars (g)	25.9g	3.8g
Sodium (g)	1253mg	184mg

### 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.



### 1. Cook the rice

In a medium saucepan, bring the **water (for the rice)** 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 the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



### 2. Pickle the onion

While the rice is cooking, thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **vinegar**, **water (for the onion)** and a **generous pinch** of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid and stir to coat. Set aside until serving.



### 3. Prep the beef & veggies

Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). In a medium bowl, combine the **ginger**, **garlic**, **soy sauce** and **honey**. Add the **beef strips** and toss to coat. Set aside. Thinly slice the **carrot** (unpeeled) into half-moons. Chop the **capsicum** into 2cm pieces. Roughly chop the **Asian greens**.



### 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.



### 5. Cook the beef

Return the frying pan to a high heat along with a **drizzle** of **olive oil**. Shaking off any excess marinade, cook the **beef strips** in batches, tossing, until browned, **1-2 minutes**. Transfer to a plate.



### 6. Serve up

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

**Enjoy!**