



# 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



Green Beans



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 medium packet	1 large packet
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 soy sauce)	2 tbs	¼ cup
honey*	1 tbs	2 tbs
beef strips	1 small packet	1 medium packet
carrot	1	2
capsicum	1	2
green beans	1 small bag (100g)	1 medium bag (200g)
mixed sesame seeds	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
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)	3665kJ (876Cal)	597kJ (143Cal)
Protein (g)	46.4g	7.6g
Fat, total (g)	34g	5.5g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	89.8g	14.6g
- sugars (g)	26.4g	14.6g
Sodium (mg)	1069mg	174mg

### 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	14.1g
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](https://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](https://hellofresh.com.au/contact)



## 1 Cook the rice

In a medium saucepan, add the **water (for the rice)** 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. Toast the **mixed sesame seeds**, 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, capsicum and green beans** and cook until tender, **4-5 minutes**. 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**. Stir-fry the **beef strips** in batches, shaking off any excess marinade until browned, **1-2 minutes**. Transfer to a plate.

### CUSTOM RECIPE

When the oil is hot, add the beef rump and cook 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 second 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. Trim the **green beans** and slice in half.

### CUSTOM RECIPE

If you've upgraded to beef rump, add the beef to the ginger-garlic mixture and toss to coat.



## 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

Slice the beef.

## Enjoy!

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