

# Japanese-Style Beef & Veggies

with Pickled Onion & Japanese Mayo

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Garlic



Celery



Green Beans



Carrot



Oyster Sauce



Mayonnaise



Japanese Dressing



Ginger Paste



Beef Mince

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Add tons of flavour to beef mince with a moreish sauce that's the perfect balance of savoury, sweet and zingy flavours. Serve over rice to soak up the deliciousness, and top it all off with pickled onion, plus celery for crunch and to cut the richness.

### Pantry items

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

## 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	2 ½ cups
jasmine rice	1 medium packet	1 large packet
red onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
garlic	2 cloves	4 cloves
celery	1 stalk	2 stalks
green beans	1 small bag	1 medium bag
carrot	1	2
oyster sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
mayonnaise	1 packet (40g)	1 packet (100g)
Japanese dressing	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
beef mince	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3329kJ (796Cal)	581kJ (139Cal)
Protein (g)	38g	6.6g
Fat, total (g)	29.2g	5.1g
- saturated (g)	6.5g	1.1g
Carbohydrate (g)	89.3g	15.6g
- sugars (g)	22.3g	3.9g
Sodium (mg)	2007mg	350mg

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.

1



## Cook the rice

In a medium saucepan, bring the **water** to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat. Keep covered until 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!

2



## Pickle the onion

While rice is cooking, thinly slice **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a generous pinch of **salt** and **sugar**. Scrunch sliced **onion** in your hands, then add it to **pickling liquid**. Add enough **water** to just cover **onion**. Set aside.

3



## Get prepped

Finely chop **garlic**. Thinly slice **celery**. Trim **green beans**, then cut into thirds. Grate the **carrot**. In a small bowl, combine **oyster sauce**, the **soy sauce** and **brown sugar**. In a second small bowl, combine **mayonnaise** and **Japanese dressing**. Set aside.

4



## Cook the beef

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** and **ginger paste** until fragrant, **1 minute**. Add **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add **carrot**, **celery** and **green beans** and cook until softened, **4-5 minutes**.

**TIP:** For best results, drain the oil from the pan before adding the sauce in the next step!

5



## Add the sauce

Stir in **oyster sauce mixture** and cook, tossing, until beef and veggies are coated and sauce is heated through, **1 minute**.

6



## Serve up

Drain pickled onion. Divide jasmine rice between bowls. Top with Japanese-style beef and veggies, pickled onion. Serve with a dollop of Japanese mayo.

Enjoy!

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