



Teriyaki Beef Rice Bowl

with sesame veg and umami aioli

20 – 25 mins

18



Beef Mince



Teriyaki Sauce



Sesame Seeds



Jasmine Rice



Aioli



Kale



Soy Sauce



Garlic, Ginger & Lemongrass Paste



Broccolini

Pantry Items: Salt, Pepper, Oil, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, pot with lid

Ingredients

	2P	4P
Beef Mince	240 g	480 g
Teriyaki Sauce	1 sachet	2 sachets
Sesame Seeds	1 sachet	2 sachets
Jasmine Rice	150 g	300 g
Aioli	1 sachet	2 sachets
Kale	80 g	160 g
Soy Sauce	1 sachet	2 sachets
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Broccolini	75 g	150 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	360 g	100 g
Energy (kJ/kcal)	3514.6 kJ/ 840 kcal	976.3 kJ/ 233.3 kcal
Fat (g)	41 g	11.4 g
Sat. Fat (g)	10.3 g	2.9 g
Carbohydrate (g)	80.2 g	22.3 g
Sugars (g)	12.8 g	3.6 g
Protein (g)	36.1 g	10 g
Salt (g)	5.6 g	1.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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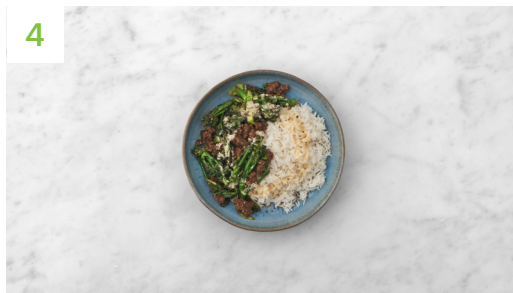


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Cook the Rice

- Pour 300ml cold **salted water** (per 2P) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover and cook for 12 mins.
- Once cooked, remove the pot from the heat
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Garnish and Serve

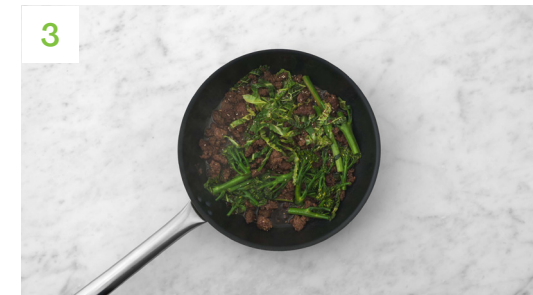
- Fluff up the **rice** with a fork.
- Divide the **rice, teriyaki beef mince** and sesame veg between bowls.
- Drizzle the **aioli** over the veg.

Enjoy!



Get Prepped

- Meanwhile, strip the leafy parts of the **kale** from the stem (discard the stems).
- Halve the **broccolini** widthways.
- Pop the **aioli** and **half the soy sauce** into a small bowl.
- Mix well to combine. Taste the sauce and season with **salt** and **pepper** if necessary.



Cook the Mince

- Place a pan over medium-high heat (no oil).
- Once hot, fry **mince** and **lemongrass paste** until browned, 5-6 mins. Break it up as it cooks. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Add **broccolini, kale** and **sesame seeds** (with a drizzle of **oil** if necessary). Fry for 2-3 mins.
- Stir in **teriyaki sauce**, 50ml **water** (per 2P) and remaining **soy sauce**.
- Cover and cook, 6-8 mins.