



Teriyaki Beef Rice Bowl

with sesame veg and umami aioli

20 – 25 mins



Irish Beef Mince



Teriyaki Sauce



Sesame Seeds



Jasmine Rice



Aioli



Kale



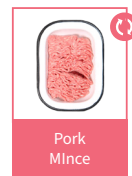
Garlic, Ginger & Lemongrass Paste



Broccolini



Ketjap Manis



Pork Mince



Lamb Mince

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.

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

Cooking tools you will need

Pan with lid, pot with lid

Ingredients

	2P	4P
Irish 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
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Broccolini	75 g	150 g
Ketjap Manis	1 sachet	2 sachets
Pork Mince	240 g	480 g
Lamb Mince	240 g	480 g

Nutrition

		Recipe 1	Recipe 2
for uncooked ingredient	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	990.2 kJ/ 236.7 kcal	926 kJ/ 221 kcal	998 kJ/ 239 kcal
Fat (g)	11.4 g	10.4 g	12.5 g
Sat. Fat (g)	2.9 g	2.1 g	3.5 g
Carbohydrate (g)	23.5 g	22.3 g	22.3 g
Sugars (g)	4.8 g	3.6 g	3.6 g
Protein (g)	9.9 g	9.7 g	9.4 g
Salt (g)	1.2 g	1.5 g	1.5 g

See site or app for detailed nutritional info.

Allergens

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

Contact

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

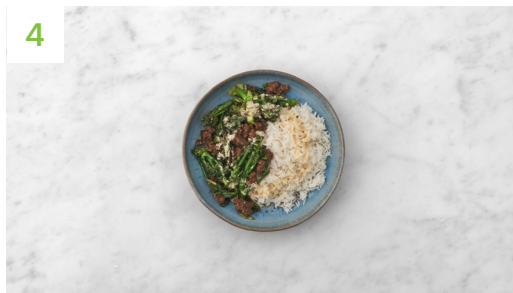


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Cook the Rice

- 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

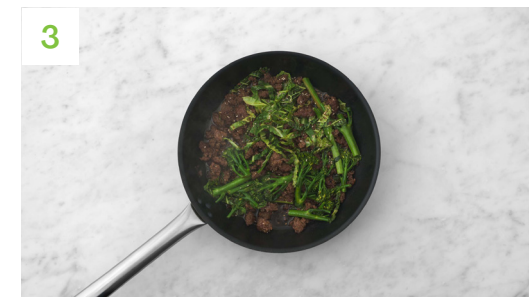
- Fluff up the **rice** with a fork.
- Divide the **rice**, **teriyaki beef mince** and sesame veg between bowls.
- Drizzle the **aioli** over the veg.

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 **ketjap manis** 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 **ketjap manis**.
- Cover and cook, 6-8 mins.

CUSTOM OPTIONS



PORK MINCE

Swapping to pork mince? Simply follow the recipe as written, replacing 'beef' with 'pork' where necessary.



LAMB MINCE

Swapping to lamb mince? Simply follow the recipe as written, replacing 'beef' with 'lamb' where necessary.