



Ginger Miso Beef

with Mushrooms, Spring Onion and Jasmine Rice

Quick 20 Minutes

14



Jasmine Rice



Beef Mince



Sliced Mushrooms



Garlic Clove



Spring Onion



Ginger Puree



Miso Paste



Ketjap Manis



Soy Sauce



Honey

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Sliced Mushrooms**	120g	180g	240g
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Ginger Puree	15g	22g	30g
Miso Paste 11)	15g	22g	30g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml
Honey	15g	22g	30g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	351g	100g
Energy (kJ/kcal)	2811 /672	800 /191
Fat (g)	20.9	5.9
Sat. Fat (g)	8.6	2.5
Carbohydrate (g)	88.0	25.0
Sugars (g)	22.3	6.3
Protein (g)	35.7	10.1
Salt (g)	4.46	1.27

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

11) Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Bring on the Flavour

- Add the **miso paste**, **ketjap manis**, **soy sauce** and **water for the sauce** (see pantry for amount) to the **beef**.
- Stir to combine and bring to the boil, then lower the heat and simmer until thickened slightly, 3-4 mins.



Fry the Mince and Veg

- While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **beef mince** and **sliced mushrooms**. Fry until the **mince** is browned and the **mushrooms** are tender, 5-6 mins. Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



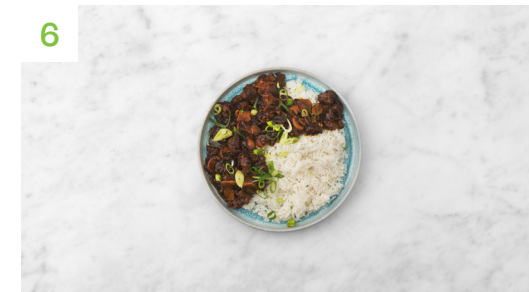
Sauce Things Up

- Remove from the heat and stir the **honey** through the **sauce**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Taste and add more **salt** and **pepper** if needed. Add a splash of **water** to loosen if you'd like.



Finish the Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **spring onion**.
- When the **beef** is browned, stir in the **ginger puree** and **garlic**. Fry until fragrant, 1 min.



Serve Up

- Share the **rice** between your bowls.
- Top the **rice** with the **miso beef** and sprinkle over the **spring onion**.

Enjoy!