



Teriyaki Beef Mince with Jasmine Rice and Cucumber Salad

Classic 35 Minutes • 1 of your 5 a day

2



Garlic Clove



Ginger



Spring Onion



Cucumber



Lime



Carrot



Jasmine Rice



Sesame Seeds



Teriyaki Sauce



Beef Mince

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Fine Grater (or Garlic Press), Peeler, Measuring Jug, Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Garlic Clove**	2 cloves	3 cloves	4 cloves
Ginger**	½ piece	¾ piece	1 piece
Spring Onion**	1	1	2
Cucumber**	½	¾	1
Lime**	½	1	1
Carrot**	1	1	2
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Sesame Seeds 3)	1 small pot	1 small pot	1 large pot
Teriyaki Sauce 11)	2 small sachets	2 large sachets	4 small sachets
Beef Mince**	240g	360g	480g
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	433g	100g
Energy (kJ/kcal)	2853 /682	659 /157
Fat (g)	24	5
Sat. Fat (g)	9	2
Carbohydrate (g)	85	20
Sugars (g)	22	5
Protein (g)	33	8
Salt (g)	2.40	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe


You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Get Prepped

Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Trim the **spring onions** then slice thinly. Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Zest and halve the **lime**. Trim and peel the **carrot**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you get to the **carrot** centre.



Cook the Beef

Heat a drizzle of **oil** in a frying pan on high heat. Once hot, add the **beef mince** and stir-fry using a wooden spoon to break it up, until browned all over, 4-5 mins. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.* Drain off any excess fat, then turn the heat down to medium. Add the **sauce mixture** with the **water** (see ingredients for amount) and **half the spring onion**. Cook until thickened slightly, 1-2 mins. Add another splash of **water** if you think it's too dry.



Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Cucumber Time

While the beef cooks, pop the **cucumber chunks** and **carrot ribbons** in a bowl with a drizzle of **olive oil**, a pinch of **sugar**, **half the toasted sesame seeds** and a squeeze of **lime juice**. Season with **salt** and **pepper**, taste and add more **lime juice** if required. Mix well. Cut the remaining **lime** into wedges.



Make the Sauce

Meanwhile, heat a large frying pan over medium heat and add the **sesame seeds** (no oil). Cook, stirring regularly, until golden, 3-4 mins. **TIP:** *Watch them like a hawk as they burn easily.* Transfer to a small bowl but keep the pan. In another small bowl, combine the **teriyaki sauce** with the **ginger** and **garlic**.



Serve!

Fluff up the **rice** with a fork and stir in the **lime zest**. Divide the **rice** between bowls and top with the **beef**. Scatter over the remaining **spring onion** and **sesame seeds** and serve with the **cucumber and carrot salad**, and any remaining **lime wedges** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.