



# Teriyaki Beef Mince

with Jasmine Rice and Cucumber Pickle

Family 35 Minutes • 1 of your 5 a day



Garlic Clove



Ginger



Spring Onion



Green Beans



Cucumber



Lime



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:

Zester, Garlic Press, Measuring Jug, Saucepan, Frying Pan, Wooden Spoon, Bowl.

## Ingredients

	2P	3P	4P
Garlic Clove	2	3	4
Ginger	½	¾	1
Spring Onion**	1	1	2
Green Beans**	80g	150g	150g
Cucumber**	½	¾	1
Lime**	½	1	1
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Sesame Seeds <b>3</b>	15g	15g	15g
Teriyaki Sauce <b>11</b>	100g	150g	200g
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Beef Mince**	240g	360g	480g
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>420g</b>	<b>100g</b>
Energy (kJ/kcal)	2910 /696	696 /166
Fat (g)	23	6
Sat. Fat (g)	9	2
Carbohydrate (g)	84	20
Sugars (g)	21	5
Protein (g)	36	9
Salt (g)	2.46	0.59

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

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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## 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 **green beans** and chop into thirds. Trim the **cucumber** then halve lengthways. Thinly slice widthways. Zest and halve the **lime**.



## Cook the Rice

Pour the **cold water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and ½ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



## Finish the Prep

Meanwhile, heat a large frying pan over medium heat and add the **sesame seeds** (no oil). Cook, stirring regularly, until golden, 2-3 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**. Squeeze the **lime juice** into a medium bowl and add the **sugar** (see ingredients for amount). Add **half the toasted sesame seeds**, season with **salt** and **pepper** and mix together. Add the **cucumber** to the bowl and mix to combine.



## Cook the Beef

Heat a drizzle of **oil** in your frying pan on a medium-high heat. When hot, add the **beef mince** and cook until browned, 5-6 mins. **IMPORTANT: Wash your hands and equipment after handling raw mince.** Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**. **IMPORTANT: The mince is cooked when no longer pink in the middle.**



## Add the Beans

Turn the heat down to medium, add the **green beans**, cover with a lid and cook for 2-3 mins. Next, add the **sauce mixture** with the **water** (see ingredients for amount) and **half the spring onion**. Cook uncovered until the **sauce** has thickened and the **beans** are tender, 2-3 mins. Add a splash of **water** if necessary.



## Serve

Fluff up the **rice** with a fork and stir in the **lime zest**. Divide the **rice** between bowls and top with the **beef**. Sprinkle over the remaining **spring onion** and **sesame seeds** and serve with the **cucumber pickle** 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.