













Teriyaki Beef Mince

with Zesty Rice and Cucumber Pickle

Classic Eat Me Early • 35 Minutes • 1 of your 5 a day

2



-  Garlic Clove
-  Spring Onion
-  Green Beans
-  Cucumber
-  Lime
-  Basmati Rice
-  Sesame Seeds
-  Beef Mince
-  Ginger Puree
-  Teriyaki Sauce

Before you start

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

Cooking tools

Garlic press, zester, saucepan, lid, frying pan and bowl.

Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
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
Basmati Rice	150g	225g	300g
Sesame Seeds 3)	15g	15g	25g
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Beef Mince**	240g	360g	480g
Teriyaki Sauce 11)	100g	150g	200g
Water for the Sauce*	50ml	75ml	100ml
Ginger Puree	1 sachet	1 sachet	1 sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	422g	100g
Energy (kJ/kcal)	2994 / 716	709 / 170
Fat (g)	25	6
Sat. Fat (g)	9	2
Carbohydrate (g)	87	21
Sugars (g)	22	5
Protein (g)	35	8
Salt (g)	3.29	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya

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, 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.

Contact

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60 Worship St, London EC2A 2EZ

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Get Prepped

Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**. Trim the **green beans** and chop into thirds. Trim the **cucumber** then halve lengthways. Thinly slice widthways. Zest and halve the **lime**.



Fry the Beef

Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil**. When hot, add the **beef mince** and cook until browned, 5-6 mins.

Use a spoon to break it up 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. The mince is cooked when no longer pink in the middle.



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 **¼ tsp 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).



Add the Beans

Turn the heat down to medium, add the **green beans** and a splash of **water**, then cover with a lid and cook for 2-3 mins. Remove the lid, then stir in the **teriyaki sauce**, **water for the sauce** (see ingredients for amount), **garlic**, **ginger puree** and **half the spring onion**. Cook uncovered until the **sauce** has thickened and the **beans** are tender, 2-3 mins. **TIP:** Add a splash of water if it's a little thick.



Make your Cucumber Pickle

Meanwhile, heat a large frying pan on 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 can burn easily. Transfer to a small bowl and set the pan aside. Squeeze the **lime juice** into another medium bowl, then add the **sugar for the pickle** (see ingredients for amount) and **half the toasted sesame seeds**. Season with **salt** and **pepper**, mix together, then add the **cucumber**. Mix to coat, then set aside.



Finish and 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**. Serve with the **cucumber pickle** and any remaining **lime wedges** for squeezing over.

Enjoy!