



Japanese Style Sticky Miso Beef with Mushrooms, Pickled Cucumber and Jasmine Rice

Rapid 20 Minutes • 1 of your 5 a day

15



Jasmine Rice



Cucumber



Rice Vinegar



Beef Mince



Sliced Mushrooms



Garlic Clove



Ginger Puree



Miso Paste



Ketjap Manis



Honey

Pantry Items

Oil, Salt, Pepper, Sugar

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, peeler, bowl, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Cucumber**	½	¾	1
Rice Vinegar	15ml	22ml	30ml
Beef Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	180g
Garlic Clove**	2	3	4
Ginger Puree	15g	23g	30g
Miso Paste 11)	15g	22g	30g
Ketjap Manis 11)	25g	38g	50g
Honey	15g	23g	30g

Pantry	2P	3P	4P
Sugar for Pickling*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	370g	100g
Energy (kJ/kcal)	2668 /638	721 /172
Fat (g)	21.3	5.8
Sat. Fat (g)	8.7	2.4
Carbohydrate (g)	79.4	21.4
Sugars (g)	15.7	4.2
Protein (g)	34.8	9.4
Salt (g)	2.27	0.61

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

Allergens

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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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ 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

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



Pickle the Cucumber

- Meanwhile, trim the **cucumber** (see ingredients for amount). Use a peeler to peel long ribbons down the length of the **cucumber**, stopping at the seeds.
- Pop the **cucumber ribbons** into a small bowl with the **rice vinegar** and **sugar for pickling** (see pantry for amount).
- Add a pinch of **salt**, mix together, then set aside to **pickle**.



Sticky Sauce Time

- Add the **miso paste**, **ketjap manis**, **honey** and **water for the sauce** (see pantry for amount) to the **beef**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Stir to combine and bring to the boil, then lower the heat and simmer until thickened slightly, 3-4 mins.
- Taste and add more **salt** and **pepper** if needed.



Fry the Mince and Veg

- 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.



Serve

- When the **rice** is ready, carefully pour the **pickling liquid** from the **cucumber** into the **rice** and stir to combine.
- Share the **rice** between your bowls.
- Top the **rice** with the **miso beef** and pile the **pickled cucumber** alongside.

Enjoy!