



# Teriyaki Beef Mince

with Jasmine Rice and Cucumber Salad

N° 10

**FAMILY** Hands On Time: 15 Minutes • Total Time: 35 Minutes • 1 of your 5 a day



Garlic Clove



Ginger



Spring Onion



Cucumber



Lime



Jasmine Rice



Sesame Seeds



Ketjap Manis



Soy Sauce



Honey



Rice Vinegar



Sesame Oil



Beef Mince



## Before you start

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

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Saucepan (with a Lid), Measuring Jug, Large Frying Pan and Frying Pan.

### Ingredients

	2P	3P	4P
Garlic Clove	2 cloves	3 cloves	4 cloves
Ginger	½ piece	¾ pieces	1 piece
Spring Onion	1	1	2
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>	1 small pot	1 small pot	1 large pot
Ketjap Manis <b>11)</b>	2 sachets	3 sachets	4 sachets
<b>13)</b>			
Soy Sauce <b>11) 13)</b>	1 sachet	1 sachet	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Sesame Oil <b>3)</b>	½ sachet	¾ sachet	1 sachet
Beef Mince	240g	360g	480g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	387g	100g
Energy (kJ/kcal)	3125 /747	807 /193
Fat (g)	29	8
Sat. Fat (g)	9	2
Carbohydrate (g)	87	23
Sugars (g)	24	6
Protein (g)	34	9
Salt (g)	3.11	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**3)** Sesame **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. 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. Halve the **lime**.



## 4. Cook the Beef

Heat **half** the **sesame oil** in the frying pan on high heat. Once hot, add the **beef mince** and stir-fry 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. Add the **sauce mixture** with a splash of **water** and **half** the **spring onion**. Cook until thickened slightly, 1-2 mins. Add another splash of **water** if you think it's too dry.



## 2. 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 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).



## 5. Cucumber Time

While the beef cooks, pop the **cucumber** in a bowl with the remaining **sesame oil**, **half** the **toasted sesame seeds** and **half** the **lime juice**. Season with **salt** and **pepper**. Mix well. Cut the remaining **lime** into wedges.



## 3. Make the Sauce

Meanwhile, heat a wide 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 **ketjap manis**, **soy sauce**, **honey** and **rice vinegar** with the **ginger** and **garlic**.



## 6. Serve!

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 any remaining **lime wedges**.

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.