

Japanese Gyudon Beef and Sushi Rice Bowl

hellóchef

A very popular dish in Japan, and for good reason!

Cals 792 • Prot 60 • Carbs 96 • Fat 18

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🕒 cook: 30 min

R2374



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Beef sauce	2 ppl	3 ppl	4 ppl	
Steak strips	350	525	700	Grams
White onion	1	1	2	Piece
Water	100	150	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	0.5	1	Piece
Vegetable oil	2	3	4	Tbsp
Sweet soy sauce 9*, 10*, 11*, 14*	30	30	40	ML
Black pepper	0.5	0.5	1	Tsp
Rice				
Sushi rice	150	225	300	Grams
Water	300	450	600	ML
Rice vinegar	15	22	30	ML
Salt	0.5	0.5	1	Tsp
White sugar	5	5	10	Grams
To serve				
Carrot	1	2	2	Piece
Spring onion	40	60	80	Grams
Organic Eggs 5*	2	3	4	Piece
Vegetable oil	1	2	2	Tbsp
Sesame seeds 3*	10	15	20	Grams

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3312 / 792
Fat (g)	18.2
of which saturates (g)	6.6
Carbohydrate (g)	96
of which sugars (g)	24.5
Fiber (g)	5.3
Protein (g)	60.1
Salt (g)	2.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Cook sushi rice

Remove the beef **strips** from the fridge 20 min prior to cooking. Wash the **sushi rice** and add it to a pot with the measured **water** and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until step 6.



2 Prep vegetables

Meanwhile, pat the beef **strips** dry with kitchen paper. Peel and slice the **white onion**. Boil the **measured water** and dissolve the **stock cube** in it. Peel the **carrot**, then continue peeling until you're left with a pile of **carrot** ribbons. Slice them into thin sticks. Slice the **spring onion**.



3 Fry beef

Heat a pan over a high heat with a drizzle of **vegetable oil** (see pro tip). Once hot, add the beef **strips** and fry for 2-3 min. Tip: If the pan is looking crowded, you may wish to fry the beef **strips** in batches.



4 Simmer

Add the **white onion** to the beef and cook for 3 min further. Add the **chicken stock, sweet soy sauce** and **black pepper**. Reduce the heat to low. Cook for 4-5 min or until you're left with a thick, glossy **sauce**.



5 Fry eggs

Meanwhile, heat a second pan with a drizzle of **vegetable oil** over a medium heat. Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. For a set egg yolk, cover the pan with a lid.



6 Serve

In a small bowl, combine the **rice vinegar** with the **salt** and **sugar**. Stir until the **sugar** and **salt** have dissolved. Pour the mix over the cooked **sushi rice** and fold it in gently. Divide the seasoned **rice** and the beef **sauce** among plates. Top each one with a fried **egg**. Arrange the **carrot** sticks and chopped **spring onion** alongside. Garnish with the **sesame seeds**.