Japanese Gyudon Beef

and Sushi Rice Bowl

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

hellóchef

Cals 792 • Prot 60 • Carbs 96 • Fat 18

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Before you start

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

Ingredients

3				
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



*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.



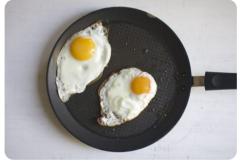
3 Fry beef

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.