

DINNERLY



Japanese Hamburg Steak with Rice & Green Beans



40-50min



2 Servings

From Germany to Japan to your dinner table, the Hamburg steak is the international jetsetter we aspire to be. The beloved Japanese dish mixes ground beef with panko, onions, and katsu sauce to make a meatloaf in a class of its own. We use more katsu to make a thick and super savory sauce, while buttery green beans and rice balance out this meaty meal. We've got you covered!

WHAT WE SEND

- 5 oz sushi rice
- 1 oz panko ⁴
- 1 yellow onion
- 10 oz pkg grass-fed ground beef
- 2 pkts beef broth concentrate
- 1.8 oz katsu sauce ^{3,4}
- ½ lb green beans

WHAT YOU NEED

- milk ²
- ketchup
- 1 large egg ¹
- butter ²
- kosher salt & ground pepper

TOOLS

- small saucepan
- medium skillet
- microwave

ALLERGENS

Egg (1), Milk (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 890kcal, Fat 32g, Carbs 98g, Protein 42g



1. Cook rice

Rinse **rice** in a fine mesh sieve until water runs clear. In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.

Meanwhile, in a medium bowl, combine **panko** and **2 tablespoons milk**.



2. Make patties

Finely chop **half of the onion** (save rest for own use). Add to a second bowl with a **pinch of salt**; cover and microwave until soft, 3–4 minutes. Let cool.

To bowl with **panko**, add **onions, beef, half of the broth concentrate, 1 teaspoon each of katsu sauce and ketchup, 1 large egg, ½ teaspoon salt**, and **¼ teaspoon ground pepper**. Mix well; shape into 4 (¾-inch) thick patties.



3. Cook patties

Heat **1 tablespoon oil** in a medium skillet over medium-high. Working in batches if necessary, add **patties**; press a shallow indentation in the center. Cook until browned, 2–3 minutes per side.

Return all patties to skillet. Add **¼ cup water**. Cover and lower heat to medium-low. Steam until patties are cooked through and water has evaporated, 4–5 minutes. Transfer to a plate.



4. Make sauce

To same skillet, add **½ cup water, remaining katsu sauce and broth concentrate, 2 tablespoons ketchup**, and **1 tablespoon butter**. Cook over medium-high heat until thick enough to draw a line through the **sauce** with a spatula, 2–4 minutes. Return **patties** and spoon sauce over top.



5. Cook green beans & serve

Meanwhile, in a microwave-safe bowl, combine **green beans** with **1 tablespoon each of butter and water**. Cover and microwave until bright green and tender, 3–5 minutes. Season to taste with **salt** and **pepper**. Fluff **rice** with a fork.

Serve **Hamburg steak** with **green beans** and **rice**. Enjoy!



6. Bulk it up!

If you need more on your plate, a Hamburg steak also pairs well with broccoli and carrots, mushrooms, a side salad, or mashed potatoes.