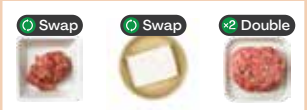




# Beef Banh Mi-Style Bowls

with Pickled Carrots and Radishes

20 Minutes



Customized Protein **+** Add **↻** Swap or **\*2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Ground Turkey 250 g | 500 g    Tofu 1 | 2    Ground Beef 500 g | 1000 g



Ground Beef  
250 g | 500 g



Jasmine Rice  
¾ cup | 1 ½ cup



Radish  
3 | 6



Carrot, julienned  
56 g | 113 g



Sesame Seeds  
1 tbsp | 2 tbsp



Miso Broth Concentrate  
1 | 2



Hoisin Sauce  
4 tbsp | 8 tbsp



Spicy Mayo  
4 tbsp | 8 tbsp



Seasoned Rice Vinegar  
1 tbsp | 2 tbsp



Cilantro  
7 g | 14 g



Sesame Oil  
1 tbsp | 2 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



### Cook rice

- Before starting, add 1¼ cups (2½ cups) water and ⅛ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat
- Wash and dry all produce.

- Add **rice** to the **boiling water**. Reduce heat to low.
- Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



### Prep

- Meanwhile, roughly chop **cilantro**.
- Cut **radishes** into ¼-inch rounds.

3



### Quick-pickle veggies

- Meanwhile, whisk together **vinegar**, **2 tbsp** (4 tbsp) **water**, **⅛ tsp** (¼ tsp) **salt** and **½ tsp** (1 tbsp) **sugar** in a medium bowl.
- Add **radishes** and **carrots**, then toss to coat.
- Place in the fridge to pickle.

4



### Cook beef

🔄 Swap | **Ground Turkey**

🔄 Swap | **Tofu**

✖2 Double | **Ground Beef**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **sesame oil**, then **beef**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.

5



### Finish beef

- Add **hoisin sauce**, **miso broth concentrate** and **half the sesame seeds** to the pan.
- Cook, stirring often, until **beef** is coated, 1-2 min.

6



### Finish and serve

- Drain **pickled veggies** and discard liquid.
- Add **remaining sesame oil** to the **rice**. Fluff **rice** with a fork and season with **salt**, to taste.
- Divide **rice** between bowls. Top with **beef**, pickled **veggies** and **cilantro**.
- Spoon **spicy mayo** over top, then sprinkle with **remaining sesame seeds**.

Measurements within steps

1 **tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

### 4 | Cook turkey

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**.\*\* Disregard instructions to drain excess fat.

### 4 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. Cook it in the same way the recipe instructs you to cook the **beef**, until golden-brown all over, 6-7 min. Disregard instructions to drain excess fat.

### 4 | Cook beef

✖2 Double | **Ground Beef**

If you've opted for double **beef**, cook it in the same way the recipe instructs you to cook the regular portion of **beef**. Work in batches, if necessary.

\*\* Cook to a minimum internal temperature of 74°C/165°F.