



Savoury Beef Bowls

with Jasmine Rice and Veggies

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)

Swap	Swap	*2 Double
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 cups
Sweet Bell Pepper 1 2	Green Onion 1 2
Sweet Chili Sauce 2 tbsp 4 tbsp	Miso Broth Concentrate 1 2
Mayonnaise 2 tbsp 4 tbsp	Shanghai Bok Choy 2 4
Soy Sauce Mirin Blend 4 tbsp 8 tbsp	Garlic Salt 1 tsp 2 tsp

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.

Pantry items | Oil, pepper, unsalted butter, salt

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, small bowl, strainer

1



Cook rice

- Before starting, wash and dry all produce.
 - Add 1 cup (2 cups) water to a medium pot.
 - Cover and bring to a boil over high heat.
- Using a strainer, rinse **rice** until water runs clear.
 - Once boiling, add **rice** and **half the garlic salt** to the pot. Stir to combine.
 - Reduce heat to medium-low. Cover and cook, until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
 - Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Separate **bok choy leaves**, then cut into 1-inch pieces. Using a strainer, rinse **chopped bok choy** to wash away any hidden dirt!
- Keep **bok choy stems** and **leaves** separate.
- Thinly slice **green onion**.
- Combine **mayo** and **1 tsp** (2 tsp) **soy sauce mirin blend** in a small bowl.
- Combine **sweet chili sauce**, **broth concentrate** and **remaining soy sauce mirin blend** in a medium bowl.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers** and **bok choy stems**. Cook, stirring occasionally, until **peppers** start to soften, 2-3 min.
- Add **bok choy leaves**. Cook, stirring often, until **veggies** are tender, 2-3 min.
- Remove from heat, then season with **remaining garlic salt** and **pepper**. Transfer to a plate, then cover to keep warm.

4



Cook beef

🔄 Swap | **Ground Turkey**

🔄 Swap | **Tofu**

✖2 Double | **Ground Beef**

- Reheat the same pan over medium-high.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ******
- Carefully drain and discard excess fat.
- Reduce heat to medium, then add **sauce mixture**. Cook, stirring often, until heated through and thickened slightly, 1-2 min. Season with **pepper**.

5



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions** and **1 tbsp** (2 **tbsp**) **butter**.
- Divide **rice** between bowls. Top with **veggies**, **beef** and any **sauce** from the pan.
- Top with **mayo** and **remaining green onions**.

6



Got eggs? (optional)

- If desired, while **beef** cooks, heat a medium non-stick pan over medium-low heat.
- When the pan is hot, add **1 tbsp** (2 **tbsp**) **butter**, then swirl the pan until melted.
- Crack in **2 eggs** (4 eggs for 4 ppl). Season with **salt** and **pepper**.
- Pan-fry, covered, until **egg whites** have set, 2-3 min. **** (NOTE:** Yolks will still be runny.)
- Top final bowls with **fried eggs**.

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**. ******

4 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. When the pan is hot, add **1 tbsp** (2 **tbsp**) **oil**, then **tofu**. 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.