

HELLO Savoury Beef Bowls with Jasmine Rice and Veggies

with Jasmine Rice and Veggies

20 Minutes







Customized Protein Add Swap





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 降



500 g | 1000 g



Ground Beef



250 g | 500 g

34 cup | 1 ½ cups



Pepper



Green Onion

1 | 2









Concentrate

1 | 2







Mayonnaise



2 | 4

2 tbsp | 4 tbsp



Soy Sauce Mirin Blend 4 tbsp | 8 tbsp



Garlic Salt

1 tsp | 2 tsp



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



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.



Cook beef

Swap | Ground Turkey

🗘 Swap | Tofu

😢 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.



Prep

5

- 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.

Finish and serve

- 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.

Fluff rice with a fork, then stir in half the

beef and any sauce from the pan.

green onions and 1 tbsp (2 tbsp) butter.

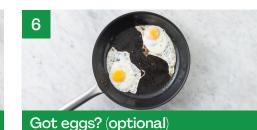
Divide rice between bowls. Top with veggies,

Top with mayo and remaining green onions.



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.



- 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**.

4 | Cook turkey

Measurements

within steps

Swap | Ground Turkey

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**.**

1 tbsp

2 person

4 person

oil

Ingredient

4 Cook tofu

O 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.