

HELLO Carb Smart Sweet Soy Beef and Zucchini Bowl with Sesame Bulgur

Smart Meal

25 Minutes





Customized Protein Add







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 🦫











250 g | 500 g

Bulgur Wheat 1/2 cup | 1 cup







1 tbsp | 2 tbsp





Sesame Oil



Green Onion

1 tbsp | 2 tbsp





Zucchini



1 tbsp | 2 tbsp







1 tbsp | 2 tbsp





Cornstarch 1/2 tbsp | 1 tbsp



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



Cook bulgur

- · Before starting, wash and dry all produce.
- Add half the sesame oil to a medium pot over medium heat.
- When hot, add **bulgur**. Cook, stirring often, until fragrant, 1 min.
- Add 3/3 cup (1 cup) water and 1/2 tsp (1 tsp) salt. Cover and bring to a boil over high heat. Cover and remove from heat. Let stand until **bulgur** is tender and liquid is absorbed, 16-18 min.



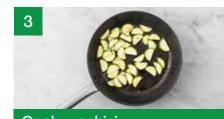
Prep and toast sesame seeds

- Meanwhile, cut zucchini into ½-inch half moons.
- Thinly slice green onion.
- Whisk together **soy sauce**, ½ **tbsp** (1 tbsp) brown sugar, ½ tbsp (1 tbsp) cornstarch and 1/4 cup (1/2 cup) water in a small bowl. Set aside.
- Heat a large non-stick pan over medium-high heat. When hot, add sesame seeds to the dry pan. Toast, stirring often, until fragrant, 3-4 min. (TIP: Keep your eye on them so they don't burn!) Transfer to a plate.



Cook zucchini

- Add remaining sesame oil to the same pan, then **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- · Season with salt and pepper.
- Transfer to a plate.



Cook beef

- Add beef and Moo Shu Spice Blend to the same pan. Cook, breaking up beef into smaller pieces, until no pink remains, 4-5 min.**
- · Carefully drain and discard excess fat.
- Add zucchini and soy mixture and cook, stirring often, until **sauce** thickens and coats beef, 1-2 min. Season with salt and pepper.



Finish and serve

- Stir half the sesame seeds into bulgur and fluff with a fork.
- · Divide bulgur between bowls.
- Top with beef-zucchini mixture.
- Drizzle half the spicy mayo (use all for 4 ppl) over top.
- Sprinkle green onions and remaining sesame seeds over top.



4 | Cook Beyond Meat®

cook the ground beef.**

O Swap | Ground Turkey

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

Measurements

4 | Cook turkey

within steps

🔘 Swap | Beyond Meat®

If you've opted to get **Beyond Meat**®, cook it the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.** Disregard instructions to drain excess fat.

1 tbsp

2 person

4 person

oil

Ingredient