



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

Smart Meal 25 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](http://www.hellofresh.ca)



- Swap** Ground Turkey  
250 g | 500 g
- Swap** Beyond Meat®  
2 | 4
- Ground Beef  
250 g | 500 g
- Bulgur Wheat  
½ cup | 1 cup
- Soy Sauce  
1 tbsp | 2 tbsp
- Brown Sugar  
½ tbsp | 1 tbsp
- Sesame Oil  
1 tbsp | 2 tbsp
- Green Onion  
1 | 2
- Zucchini  
1 | 2
- Spicy Mayo  
1 tbsp | 2 tbsp
- Sesame Seeds  
1 tbsp | 2 tbsp
- Moo Shu Spice Blend  
1 tbsp | 2 tbsp
- Cornstarch  
½ tbsp | 1 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 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 **¾ cup** (1 cup) **water** and **½ 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.

2



### 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 **¼ cup** (½ 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.

3



### 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.

4



### 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**.

5



### 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 turkey

Swap | Ground Turkey

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

### 4 | Cook Beyond Meat®

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.

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