



Beef Banh Mi-Style Bowls

with Pickled Carrots and Cucumber

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](http://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 cups



Mini Cucumber
1 | 2



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



Green Onion
2 | 4



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.

Pantry items | Salt, sugar

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

1



Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water and ½ 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, thinly slice **green onions**.
- Cut **cucumber** into ¼-inch rounds.

3



Quick-pickle veggies

- Whisk together **vinegar**, **2 tbsp** (4 tbsp) **water**, **⅛ tsp** (¼ tsp) **salt** and **½ tbsp** (1 tbsp) **sugar** in a medium bowl.
- Add **cucumbers** 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 .
- 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 **green onion**.
- 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**, add **sesame oil** to the pan, then add **turkey**. Cook **turkey** 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 **2 tsp** (4 tsp) **oil**, **½ tbsp** (1 tbsp) **sesame 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.