

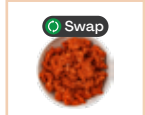


Cheesy BBQ Beef and Rice Bowls with Crispy Shallots

15 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)



Chorizo Sausage, uncased
250 g | 500 g



Ground Beef
250 g | 500 g



Parboiled Rice
¼ cup | 1 ½ cups



BBQ Sauce
4 tbsp | 8 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



Cheddar Cheese, shredded
½ cup | 1 cup



Green Bell Pepper
1 | 2



Yellow Onion, chopped
56 g | 113 g



Crispy Shallots
28 g | 56 g



Beef Broth Concentrate
1 | 2



Green Onion
1 | 2

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 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.
- Once water is boiling, add **rice** and **broth concentrate**, then reduce heat to medium-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, core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onions**.

3



Cook beef and veggies

- 🔄 Swap | **Chorizo Sausage, uncased**
- Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef, onions** and **peppers**.
 - Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
 - Carefully drain and discard excess fat. Add **BBQ Seasoning** and **half the BBQ sauce**.
 - Cook, stirring often, until fragrant, 1 min.

4



Finish and serve

- Add 1 **tbsp** (2 **tbsp**) **butter** and **green onions** to the **rice**. Season with **salt** and fluff with a fork.
- Divide **rice** between bowls. Top with **beef mixture, cheese** and **crispy shallots**.
- Drizzle **remaining BBQ sauce** over top.

3 | Cook chorizo and veggies

🔄 Swap | **Chorizo Sausage, uncased**

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