



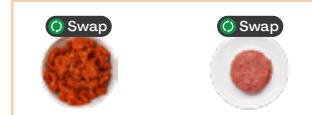
SuperQuick Beef and Spinach Rice Bowls

with Gravy and 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

Beyond Meat®
2 | 4



Ground Beef
250 g | 500 g



Basmati Rice
¾ cup | 1 ½ cups



Mirepoix
113 g | 227 g



Mushrooms
113 g | 227 g



Baby Spinach
28 g | 56 g



Green Peas
56 g | 113 g



Crispy Shallots
28 g | 56 g



Tomato Sauce Base
2 tbsp | 4 tbsp



Beef Broth Concentrate
1 | 2



Cream Sauce Spice Blend
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 | Butter, oil, pepper, salt

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

1



Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water and ⅛ 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 **1 tbsp** (2 tbsp) **butter**, then 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.

4



Finish and serve

- Fluff **rice** with fork, then stir in **half the crispy shallots**.
- Divide **rice** between bowls.
- Top with **beef and gravy mixture**.
- Sprinkle **remaining crispy shallots** over top.

2



Cook beef and veggies

- Swap | **Chorizo Sausage**
- Swap | **Beyond Meat®**
- Heat a large non-stick pan over high heat.
- While the pan heats, quarter **mushrooms**.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**, **peas**, **mushrooms** and **mirepoix**. Season with **salt** and **pepper**. Cook, breaking up **beef** into smaller pieces, until **veggies** are soft and **beef** is cooked through, 4-6 min. **

3



Make beef gravy

- Add **Cream Sauce Spice Blend**, **tomato sauce base** and **broth concentrate**. Stir to coat.
- Add ¾ **cup** (1 ½ cups) **water**. Cook, stirring often, until **gravy** thickens slightly, 2-3 min.
- Add **spinach** and stir until wilted, 30 sec.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Cook chorizo and veggies

Swap | **Chorizo Sausage**

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

2 | Cook Beyond Meat® and veggies

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. **