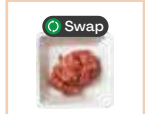




SuperQuick Teriyaki Beef Ramen Bowls

with Bell Peppers and Sugar Snap Peas

15 Minutes



Ground Turkey
250 g | 500 g

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 Beef
250 g | 500 g



Ramen Noodles
200 g | 400 g



Sweet Bell Pepper
1 | 2



Ginger-Garlic Puree
2 tbsp | 4 tbsp



Sugar Snap Peas
113 g | 227 g



Teriyaki Sauce
4 tbsp | 8 tbsp



Green Onion
2 | 4



Soy Sauce
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 | Oil, salt, pepper

Cooking utensils | Colander, large non-stick pan, large pot, measuring cups, measuring spoons

1



Cook ramen noodles

- Before starting, add 6 cups (12 cups) water and ½ tsp (¼ tsp) salt to a large pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **ramen noodles** to the boiling water.
- Cook, uncovered, until tender, 1-2 min.
- Drain **ramen noodles**, then rinse under warm water. Return **ramen noodles** to the same pot, off heat.

2



Prep

- Core, then cut **bell pepper** into ¼-inch slices.
- Thinly slice **green onion**.

3



Cook beef

Swap | [Ground Turkey](#)

- Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.

4



Cook veggies

- Add **peppers**, **sugar snap peas** and **ginger-garlic puree** to the non-stick pan. Cook, stirring often, until **veggies** are tender-crisp, 4-5 min.

5



Finish and serve

- Add **beef mixture**, **soy sauce** and **teriyaki sauce** to the large pot with **ramen noodles**. Stir to combine.
- Divide **teriyaki beef** between bowls.
- Sprinkle **green onions** over top.

Measurements
within steps

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

3 | Cook turkey

Swap | [Ground Turkey](#)

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

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