



Carb Smart Beef and Eggplant Rice

with Bok Choy

Smart Meal

Spicy

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](https://www.hellofresh.ca)

Swap



Ground Turkey
250 g | 500 g

Swap



Tofu
1 | 2



Ground Beef
250 g | 500 g



Eggplant
½ | 1



Chili-Garlic Sauce
1 tbsp | 2 tbsp



Szechuan Sauce
2 tbsp | 4 tbsp



Green Onion
1 | 2



Jasmine Rice
¾ cup | 1 ½ cup



Ginger
15 g | 30 g



Shanghai Bok Choy
1 | 2



Soy Sauce
2 tbsp | 4 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 | Aluminum foil, baking sheet, grater, large non-stick pan, measuring cups, measuring spoons, medium pot, strainer

1



Cook rice

- Before starting, preheat broiler to high.
- Wash and dry all produce.

- Add **1 cup water** and $\frac{1}{8}$ **tsp salt** to a medium pot (Use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until **water** runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 11-13 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, if desired, peel **half the eggplant** (use all for 4 ppl). Cut into 1-inch pieces.
- Peel, then mince or grate **half the ginger** (use all for 4 ppl).
- Thinly slice green **onion**.
- Cut **bok choy** into 1-inch pieces. Using a strainer, rinse **bok choy** to wash away any hidden dirt.

3



Broil eggplant

- Add **eggplant** to a foil-lined baking sheet. Drizzle **1 tbsp** (2 tbsp) **oil** over top, then season with **salt** and **pepper**. Toss to coat.
- Broil in the **middle** of the oven, tossing halfway through, until tender and golden brown, 9-12 min.

4



Cook beef

Swap | Ground Turkey

Swap | Tofu

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add $\frac{1}{2}$ **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.
- Add **ginger** and cook, stirring often, until fragrant, 1 min.

5



Finish beef mixture

- Add **bok choy**, **Szechuan sauce**, **soy sauce** and $\frac{1}{4}$ **cup** ($\frac{1}{3}$ cup) **water** to pan with **beef**. Cook, stirring often, until **bok choy** is tender, 2-3 min.
- Fluff **rice** with a fork, then add **half the rice** to pan with **beef mixture** (use all the rice for 4 ppl). Cook, stirring occasionally, until combined, 1-2 min.
- Remove from heat. When **eggplant** is done, gently stir into **beef mixture**.

6



Finish and serve

- Divide **beef** and **eggplant rice** between bowls.
- Sprinkle **green onions** over top.
- Drizzle as much **chili-garlic sauce** over top as desired.

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 **1 tbsp** (2 tbsp) **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 **1 tbsp** (2 tbsp) **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.

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