

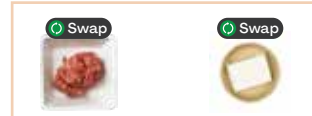


# Sweet and Savoury Pineapple, Beef and Pork Stir-Fry with Veggies and Crispy Shallot Rice

Family Friendly 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](http://hellofresh.ca)



Ground Turkey  
250 g | 500 g

Tofu  
1 | 2



Ground Beef and Pork Mix  
250 g | 500 g



Basmati Rice  
3/4 cup | 1 1/2 cups



Shanghai Bok Choy  
2 | 4



Pineapple  
95 g | 190 g



Ginger  
30 g | 60 g



Carrot, julienned  
56 g | 113 g



Soy Sauce Mirin Blend  
4 tbsp | 8 tbsp



Teriyaki Sauce  
4 tbsp | 8 tbsp



Crispy Shallots  
28 g | 56 g



All-Purpose Flour  
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** | Unsalted butter, sugar, oil, salt, pepper

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

1



## Prep

- Wash and dry all produce.
- **Ginger Guide for Step 4:**
  - Mild: ½ tsp (1 tbsp)
  - Medium: 1 tsp (2 tbsp)
  - Spicy: 1 ½ tsp (3 tbsp)

- Add **1 ¼ cups** (2 ½ cups) **water**, **½ tsp** (¼ tsp) **salt** and **1 tbsp** (2 tbsp) **butter** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, peel then mince or grate **ginger**.
- Cut **bok choy** into 1-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt!)
- Cut **pineapple** into ¼-inch pieces.

4



## Cook beef and pork mix

🔄 Swap | **Ground Turkey**

🔄 Swap | **Tofu**

- Reheat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **beef and pork mix**, **ginger**, **pineapple** and **1 tsp** (2 tsp) **sugar**. (**NOTE:** Reference ginger guide.) Cook, breaking up **beef and pork** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat, if desired.

2



## Cook rice and make sauce

- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.
- While **rice** cooks, add **soy sauce mirin blend**, **teriyaki sauce** and **½ cup** (¾ cup) **water** to a medium bowl. Stir to combine.

5



## Finish sauce

- Sprinkle **flour** over **meat mixture**. Stir to coat.
- Add **sauce mixture**. Cook, stirring regularly, until **sauce** thickens, 1-2 min.
- Add **veggies** and **1 tbsp** (2 tbsp) **butter**. Season with **salt** and **pepper**. Stir to combine until **butter** melts, 30 sec. (**TIP:** If you prefer a sweeter sauce, add extra sugar ¼ tsp at a time!)

3



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, **bok choy** and **carrot**. Season with **salt** and **pepper**. Cook, stirring often, until **veggies** are tender-crisp, 2-4 min. Transfer **veggies** to a plate.

6



## Finish and serve

- Fluff **rice** with a fork, then stir in **half the crispy shallots**.
- Divide **rice** between plates.
- Top **rice** with **beef**, **veggies** and **any remaining sauce** in the pan.
- Sprinkle **remaining crispy shallots** over top.

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 and pork mix**.\*\*

## 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 and pork mix**, 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.