

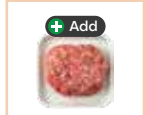


SuperQuick Chili Fried Egg Bowls

with Veggie-Jumbled Rice

Spicy

15 Minutes



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



- Egg
2 | 4
- Jasmine Rice
¼ cup | 1 ½ cups
- Chili Flakes
1 tsp | 2 tsp
- Sesame Oil
2 tbsp | 4 tbsp
- Shanghai Bok Choy
3 | 6
- Mirepoix
113 g | 227 g
- Sesame Seeds
9 g | 18 g
- Soy Sauce
½ tbsp | 1 tbsp
- Garlic Salt
¾ tsp | 1 ½ tsps
- Edamame
56 g | 113 g
- Spicy Mayo
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 | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, strainer

1



Cook rice and prep

- Before starting, add **1 cup** (2 cups) water and $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) garlic salt to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Using a strainer, rinse **rice** until **water** runs clear.
- Add **rice** and **edamame** to the **boiling water**, 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.
- Meanwhile, separate **bok choy leaves**, then cut into 1-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt.)

2



Cook eggs

- Heat a large non-stick pan over medium.
- Add **half the sesame oil**, then $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **chili flakes** and **half the sesame seeds** to the pan, then crack in **two** (four) **eggs**. Season with **salt** and **pepper**.
- Cover, and pan-fry, until **egg white** is set, 2-3 min. (**NOTE:** The yolk will still be runny. If you prefer it more set, cook 1 min more.)
- Transfer **eggs** to a plate. Cover to keep warm.

3



Cook veggies

- Increase heat to medium-high.
- When pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **mirepoix**. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Add **bok choy**. Cook, stirring constantly, until tender-crisp, 2-3 min.
- Season with $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **garlic salt** and **pepper**.
- Transfer to a medium bowl.

4



Finish and serve

+ Add | Ground Beef

- Fluff **rice** with a fork.
- Add **remaining sesame oil** to the same pan, then add **rice**, **soy sauce** and **veggies**. Cook, stirring often, until **rice** and **veggies** are well combined, 2-3 min. Season with $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **garlic salt** and **pepper**.
- Divide between plates, then top with **chili eggs**.
- Sprinkle over **remaining sesame seeds**.
- Drizzle over **spicy mayo**.

Measurements within steps

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Cook beef

+ Add | Ground Beef

If you've opted to add **ground beef**, when **veggies** are finished cooking, add **beef** to the pan. Season with **salt** and **pepper**. Cook, breaking up **beef** and stirring often until cooked through, 4-6 min.** Follow the rest of the recipe as written.

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