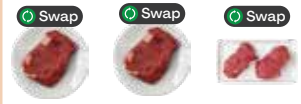




Quick Ginger and Steak Stir-Fry with Bok Choy

Stir-Fry Special 20 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)

Striploin Steak 370 g | 740 g
Double Striploin Steak 740 g | 1480 g
Tenderloin Steak 340 g | 680 g



Top Sirloin Steak
285 g | 570 g



Beef Broth Concentrate
1 | 2



Soy Sauce
1 tbsp | 2 tbsp



Honey-Garlic Sauce
4 tbsp | 8 tbsp



Jasmine Rice
¾ cup | 1 ½ cups



Shanghai Bok Choy
2 | 4



Green Onion
2 | 4



Crispy Shallots
28 g | 56 g



Sweet Bell Pepper
1 | 2



Ginger
30 g | 60 g

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 | Salt, oil, pepper

Cooking utensils | Grater, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, small bowl, strainer, vegetable peeler, whisk

1



Cook rice

- Before starting, add 1 cups (2 cups) water and ½ tsp (¼ tsp) 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** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Thinly slice **green onions**.
- Cut **bok choy** into ½-inch pieces. (**TIP:** Rinse bok choy leaves to wash away any hidden dirt.)
- Peel, then mince or grate **ginger**.
- Whisk together **broth concentrate**, **soy sauce**, **honey-garlic sauce**, **1 tbsp** (2 tbsp) **ginger** and ⅓ cup (⅔ cup) **water** in a small bowl. Set aside.
- Pat **steaks** dry with paper towels, then season all over with **salt** and **pepper**.

3



Pan-fry steaks

- Swap | **Striploin Steak**
 - Swap | **Double Striploin Steak**
 - Swap | **Tenderloin Steak**
- Heat a large non-stick pan over medium-high.
 - When hot, add **1 tbsp** (2 tbsp) **oil**, then **steaks**. Pan-fry until cooked to desired doneness, 4-6 min per side.**
 - Transfer **steaks** to a cutting board to rest.
 - Carefully wipe the pan clean.

4



Start stir-fry

- Add **1 tbsp oil** to the same pan, then **bok choy** and **peppers**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil per batch, if necessary.) Cook, stirring often, until tender-crisp, 2-3 min.
- Season with **salt** and **pepper**.

5



Finish stir-fry

- Add **sauce** to the pan with **veggies**.
- Cook, stirring often, until **sauce** thickens slightly, 3-4 min.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **green onions**.
- Thinly slice **steak**.
- Stir **steak** into the pan with **veggies** and **sauce**.
- Divide **rice** between bowls, then top with **ginger steak stir-fry**.
- Sprinkle **crispy shallots** over top.

Measurements
within steps

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

3 | Pan-fry steaks

Swap | **Striploin Steak**

If you've opted for **striploin steak**, prep and cook it in the same way the recipe instructs you to prep and cook the **sirloin steak**.

3 | Pan-fry steaks

Swap | **Double Striploin Steak**

If you've opted for **double striploin steak**, prep and cook it in the same way the recipe instructs you to prep and cook the **sirloin steak**. Work in batches, if necessary.

3 | Pan-fry steaks

Swap | **Tenderloin Steak**

If you've opted for **tenderloin steak**, prep and cook it in the same way the recipe instructs you to prep and cook the **sirloin steak**.

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.