



# Sweet Heat Beyond Meat® Bowls

with Edamame Jasmine Rice

Veggie

Spicy

25 Minutes

Swap



Tofu

1 | 2

Customized Protein

+ Add

Swap

or

x2 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)



Beyond Meat®  
2 | 4



Jasmine Rice  
¼ cup | 1 ½ cups



Soy Sauce  
1 tbsp | 2 tbsp



Sesame Oil  
1 tbsp | 2 tbsp



Garlic, cloves  
2 | 4



Yellow Onion  
½ | 1



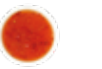
Edamame  
56 g | 113 g



Carrot  
1 | 2



Sesame Seeds  
9 g | 18 g



Sweet Chili 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 | Salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, strainer, vegetable peeler

1



### Cook rice

• Before starting, wash and dry all produce.

- To a medium pot, add **1 cup** (2 cups) **water** and **½ tsp** (¼ tsp) **salt**. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until **water** runs clear.
- Add **rice** and **edamame** to the boiling water, then reduce heat to medium-low. Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

2



### Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Peel, then cut **carrot** into ¼-inch half moons.
- Peel, then cut **onion** into ¼-inch slices.

3



### Toast sesame seeds

- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast for 3-4 min, stirring often, until fragrant. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.

4



### Cook veggies

- To the same pan, add **half the sesame oil**, then **onions** and **carrots**. Cook for 3-4 min, stirring occasionally, until tender.
- Season with **salt** and **pepper**, then transfer to a plate. Cover to keep warm.

5



### Cook Beyond Meat®

Swap | Tofu

- To the same pan, add **remaining sesame oil**, then **Beyond Meat® patties** and **garlic**. Cook for 5-6 min, breaking up **patties** into bite-sized pieces, until crispy.\*\*
- Add **soy sauce** and **half the sweet chili sauce**. Cook for 2-3 min, stirring often, until **Beyond Meat®** is coated.
- Stir in **half the sesame seeds**.
- Season with **salt** and **pepper**.

6



### Finish and serve

Swap | Tofu

- Fluff **rice** with a fork.
- Divide **rice** between bowls.
- Top with **veggies**, then **Beyond Meat® mixture**.
- Drizzle **remaining sweet chili sauce** over top.
- Sprinkle with **remaining sesame seeds**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**  
2-serving 4-serving 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.

### 5 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Season **tofu** the same way the recipe instructs you to season **Beyond Meat®**. Cook for 6-7 min, turning occasionally, until crispy and browned all over.

### 6 | Finish and serve

Swap | Tofu

Top bowls with **veggies**, then **tofu mixture**.

\*\* Cook to a minimum internal temperature of 165°F.