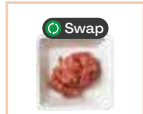




SuperQuick Cheesy BBQ Beef and Rice Bowls with Crispy Shallots

15 Minutes



Ground Turkey
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)



- Ground Beef
250 g | 500 g
- Jasmine Rice
¼ cup | 1 ½ cups
- BBQ Sauce
4 tbsp | 8 tbsp
- BBQ Seasoning
1 tbsp | 2 tbsp
- Cheddar Cheese, shredded
½ cup | 1 cup
- Green Bell Pepper
1 | 2
- Yellow Onion, chopped
56 g | 113 g
- Crispy Shallots
28 g | 56 g
- Beef Broth Concentrate
1 | 2
- Green Onion
1 | 2

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.

Ingredient quantities 56 g | 113 g
2-serving 4-serving

Pantry items | Butter, pepper, salt, oil

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

1



Cook rice

- In a medium pot, bring 1 cup (2 cups) water and ½ tsp (¼ tsp) salt to a boil over high heat.
- Wash and dry all produce.

- Using a strainer, rinse **rice** until water runs clear.
- Once water is boiling, add **rice** and **broth concentrate**, 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.

4



Finish and serve

- Add **1 tbsp** (2 tbsp) **butter** and **green onions** to the **rice**. Season with **salt** and fluff with a fork.
- Divide **rice** between bowls. Top with **beef mixture**, **cheese** and **crispy shallots**.
- Drizzle **remaining BBQ sauce** over top.

2



Prep veggies

- Meanwhile, core and chop **pepper** into ½-inch pieces.
- Thinly slice **green onions**.

3



Cook beef and veggies

🔄 Swap | **Ground Turkey**

- Heat a large non-stick pan over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**, **yellow onions** and **peppers**.
- Cook for 4-5 min, breaking up **beef** into smaller pieces, until no pink remains.**
- Carefully drain and discard excess fat. Add **BBQ Seasoning** and **half the BBQ sauce**.
- Cook, stirring often, until fragrant, 1 min.

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.

3 | Cook turkey and veggies

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook in the same way the recipe instructs you to cook the **beef**.** Disregard instructions to drain excess fat.

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