



Beef Banh Mi-Inspired Bowls

with Pickled Carrots and Radish

Spicy

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)

 Swap	 Swap	 Double
		
Ground Chicken 250 g 500 g	Tofu 1 2	Ground Beef 500 g 1000 g



	
Ground Beef 250 g 500 g	Jasmine Rice ¾ cup 1 ½ cups
	
Radish 2 4	Carrot, julienned 56 g 113 g
	
Sesame Seeds 9 g 18 g	Miso Broth Concentrate 1 2
	
Hoisin Sauce 4 tbsp 8 tbsp	Spicy Mayo 4 tbsp 8 tbsp
	
Seasoned Rice Vinegar 1 tbsp 2 tbsp	Green Onion 2 4
	
Sesame Oil 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.*

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

Pantry items | Salt, sugar

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

1



Cook rice

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

- Using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**. Reduce heat to low.
- Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, thinly slice **green onions**.
- Cut **radishes** into ¼-inch rounds.

3



Quick-pickle veggies

- In a medium bowl, whisk together **vinegar**, **2 tbsp** (4 tbsp) **water**, ½ **tsp** (¼ tsp) **salt** and ½ **tbsp** (1 tbsp) **sugar**.
- Add **radish** and **carrots**, then toss to coat.
- Place in the fridge to pickle.

4



Cook beef

🔄 Swap | **Ground Chicken**

🔄 Swap | **Tofu**

×2 Double | **Ground Beef**

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add ½ **tbsp** (1 tbsp) **sesame oil**, then **beef**.
- Cook for 4-5 min, breaking up **beef** into smaller pieces, until no pink remains.**
- Carefully drain and discard excess fat.

5



Finish beef

- To the pan, add **hoisin sauce**, **miso broth concentrate** and **half the sesame seeds**.
- Cook for 1-2 min, stirring often, until **beef** is coated.

6



Finish and serve

- Drain **pickled veggies** and discard liquid.
- To the **rice**, add **remaining sesame oil**. Fluff **rice** with a fork and season with **salt**, if you like.
- Divide **rice** between bowls. Top with **beef**, **pickled veggies** and **green onions**.
- Spoon **spicy mayo** over top, then sprinkle with **remaining sesame seeds**.

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

For 6 servings

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 chicken

🔄 Swap | **Ground Chicken**

If you've opted to get **chicken**, add **1 tbsp** (2 **tbsp**) **oil** to the pan, then add **chicken**. Cook **chicken** in the same way the recipe instructs you to cook the **beef**.** Disregard instructions to drain excess fat.

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 ½ **tbsp** (1 **tbsp**) **sesame oil**, ½ **tbsp** (1 **tbsp**) **oil**, then **tofu**. Cook for 6-7 min, stirring occasionally, until **tofu** is browned all over. Disregard instructions to drain excess fat.

4 | Cook beef

×2 Double | **Ground Beef**

If you've opted for **double beef**, cook in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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