

HELLO Beef Banh Mi-Style Bowls with Bioklad Carrets and Radishas

with Pickled Carrots and Radishes

Spicy

20 Minutes





(C) Swap

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 降











250 g | 500 g

3/4 cup | 1 1/2 cups







Radish 3 | 6

Carrot, julienned 56 g | 113 g











Hoisin Sauce 4 tbsp | 8 tbsp

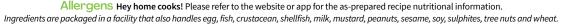
Spicy Mayo 🜙 4 tbsp | 8 tbsp



Rice Vinegar 1 tbsp | 2 tbsp



Cilantro 7 g | 14 g



Cooking utensils | Medium bowl, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan



Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water and 1/8 tsp (1/4 tsp) salt to a medium pot.
- · Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Add **rice** to the boiling water. 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.



Prep

- Meanwhile, roughly chop cilantro.
- Cut radishes into 1/4-inch rounds.



Quick-pickle veggies

- Meanwhile, whisk together vinegar, 2 tbsp (4 tbsp) water, 1/8 tsp (1/4 tsp) salt and 1/2 tbsp (1 tbsp) **sugar** in a medium bowl.
- Add radishes and carrots, then toss to coat.
- Place in the fridge to pickle.



4 | Cook tofu

the beef.**

Measurements

4 | Cook turkey

O Swap | Ground Turkey

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook

within steps

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. Cook it in the same way the recipe instructs you to cook the beef, until goldenbrown all over, 6-7 min. Disregard instructions to drain excess fat.

1 tbsp

(2 tbsp)

oil



Cook beef

🗘 Swap | Ground Turkey

O Swap | Tofu

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add 1/2 tbsp (1 tbsp) oil, then **beef**.
- Cook, breaking up beef into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.



Finish beef

- Add hoisin sauce, miso broth concentrate and half the sesame seeds to the pan.
- · Cook, stirring often, until beef is coated, 1-2 min.



Finish and serve

- Drain **pickled veggies** and discard liquid.
- Fluff rice with a fork, then season with salt.
- Divide rice between bowls. Top with beef, pickled veggies and cilantro.
- Spoon **spicy mayo** over top, then sprinkle with remaining sesame seeds.

