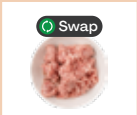




# Carb Smart Ground Beef and Mushroom Stir-Fry with Sesame Bulgur

Smart Meal

20 Minutes



Ground Pork  
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](http://www.hellofresh.ca)



- Ground Beef  
250 g | 500 g
- Mushrooms  
227 g | 454 g
- Bulgur Wheat  
½ cup | 1 cup
- Snow Peas  
56 g | 113 g
- Green Onion  
2 | 4
- Vegetarian Oyster Sauce  
2 tbsp | 4 tbsp
- Soy Sauce  
1 tbsp | 2 tbsp
- Beef Stock Powder  
½ tbsp | 1 tbsp
- 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 person	4 person

Pantry items | Salt, oil, pepper

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

1



### Cook bulgur

- Before starting, add  $\frac{2}{3}$  cup (1 cup) water and  $\frac{3}{4}$  tsp (1  $\frac{1}{2}$  tsp) beef stock powder to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Once **water** is boiling, stir in **bulgur**. Cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.

2



### Prep

- Meanwhile, thinly slice **mushrooms**.
- Trim **snow peas**, then cut in half.
- Thinly slice **green onions**.
- Add **2 tbsp** (4 tbsp) **water**,  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  tsp) **pepper**,  $\frac{3}{4}$  **tsp** (1  $\frac{1}{2}$  tsp) **beef stock powder**, **half the oyster sauce** (use all for 4 ppl) and **soy sauce** to a small bowl, then whisk to combine. Set aside.

3



### Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **half the sesame oil**, then **mushrooms, snow peas** and  $\frac{1}{2}$  **tbsp** (1 tbsp) **water**.
- Cook, stirring occasionally, until **peas** are tender-crisp, 4-5 min.
- Transfer to a plate.

4



### Cook beef

[Swap](#) | [Ground Pork](#)

- Add **beef** to the same pan.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 3-4 min.\*\*

5



### Make sauce

- Add **oyster-soy sauce mixture** and **veggies** to the pan with **beef**. Bring to a boil over high heat.
- Cook, stirring constantly, until **sauce** thickens slightly and **veggies** are warmed through, 2-3 min.
- Season with **salt** and **pepper**, to taste.

6



### Finish and serve

- Add **remaining sesame oil** and **half the green onions** to **bulgur**. Fluff with a fork. Season with **salt** and **pepper**.
- Divide **sesame bulgur** between bowls.
- Top with **beef-veggie mixture**.
- Sprinkle over **remaining green onions**.

Measurements  
within steps

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

### 4 | Cook pork

[Swap](#) | [Ground Pork](#)

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook the **beef**\*\*.

\*\* Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.