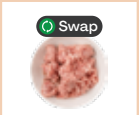




# Carb Smart Ground Beef and Mushroom Stir-Fry with Sesame Bulgur

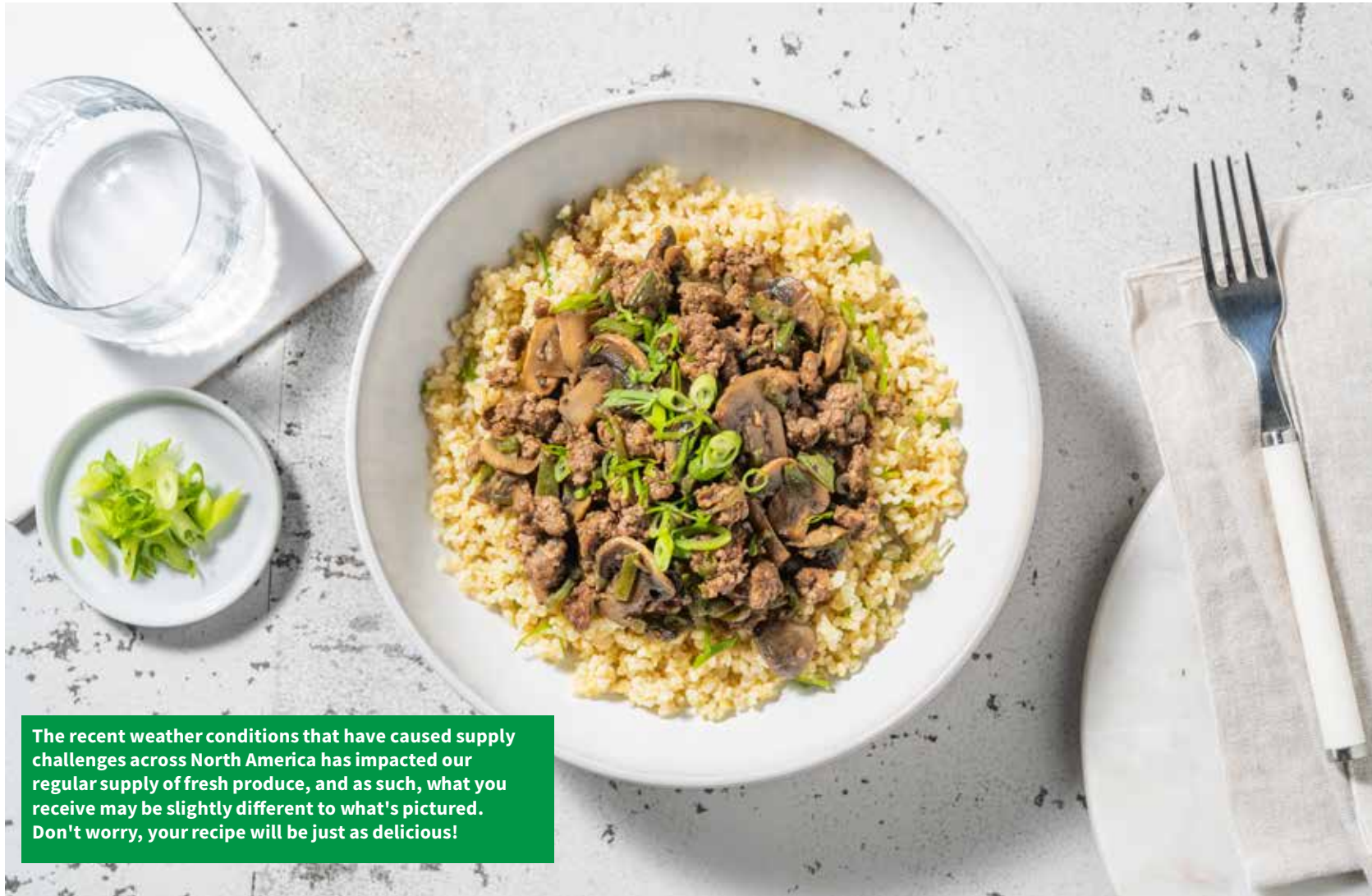
Smart Meal 20 Minutes



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)



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- 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.

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

- [Sub | Broccoli](#)
- 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

## 2 | Prep

[Sub | Broccoli](#)

If you've received **broccoli**, cut into bite-sized pieces. Continue to follow the recipe as instructed, subbing **broccoli** in for **snow peas**. Then, increase pan-fry cook time to 5-6 min to ensure a tender-crisp bite.

## 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.