



Beef Banh Mi-Style Bowls

with Pickled Carrots and Radishes

Quick

Spicy

20 Minutes

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+ Add

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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



Ground Chicken
250g | 500g

↻ Swap



Protein Shreds
200g | 400g



Ground Beef
250g | 500g



Jasmine Rice
¾ cup | 1 ½ cup



Radish
3 | 6



Carrot, julienned
56g | 113g



Sesame Seeds
1 tbsp | 2 tbsp



Miso Broth Concentrate
1 | 2



Hoisin Sauce
4 tbsp | 8 tbsp



Spicy Mayo
4 tbsp | 8 tbsp



Rice Vinegar
1 tbsp | 2 tbsp



Cilantro
7g | 14g

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.

Pantry items | Sugar*, oil*, salt*

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

1



Prep

• Before starting, wash and dry all produce.

- Add **1 ¼ cups** (2 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, roughly chop **cilantro**.
- Cut **radishes** into ¼-inch rounds.

2



Cook rice

- 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.

3



Quick-pickle veggies

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

4



Cook beef

Swap | **Ground Chicken**

Swap | **Protein Strips**

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ 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.

5



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.

6



Finish and serve

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

Measurements
within steps

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

4 | Cook

Swap | **Ground Chicken**

If you've opted to get **chicken**, cook it in the same way the recipe instructs you to cook the **beef**, disregarding instructions to drain fat.**

4 | Cook

Swap | **Protein Shreds**

If you've opted to get **protein shreds**, prepare and cook it the same way as the **beef**, until crispy, 4-5 min.**

** Cook to a minimum internal temperature of 74°C/165°F. *Vacuum pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.



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