



# Filipino-Inspired Beef and Pork Rice Bowls

## with Fried Eggs and Shallot Rice

Family Friendly 25-35 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)



<b>↻</b> Swap	<b>↻</b> Swap
Ground Turkey 250 g   500 g	Tofu 1   2

Ground Beef and Pork Mix 250 g   500 g	Egg 2   4

Basmati Rice 3/4 cup   1 1/2 cups	Sweet Bell Pepper 1   2

Green Peas 56 g   113 g	Carrot, julienned 56 g   113 g

Garlic Puree 1 tbsp   2 tbsp	Crispy Shallots 28 g   56 g

Tomato Sauce Base 4 tbsp   8 tbsp	Beef Stock Powder 1 tbsp   2 tbsp

Soy Sauce 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.*

**Pantry items** | Butter, sugar, oil, salt, pepper

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

1



### Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water and ⅛ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat. Wash and dry all produce.

- Add **rice** and **1 tbsp** (2 tbsp) **butter** to **boiling water**, then 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.

2



### Prep

- While **rice** cooks, core, then cut **pepper** into ½-inch pieces.

3



### Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 tbsp) **oil**, **peppers** and **peas**. Cook, stirring often until lightly charred, 3-4 min.
- Add **carrots**. Cook, stirring often until **veggies** are tender-crisp. 1-2 min.
- Transfer to a plate and cover to keep warm.

4



### Cook beef and pork mix

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

[Swap](#) | [Tofu](#)

- Reheat the same pan over medium-high.
- When the pan is hot, add **beef and pork mix** to the dry pan.
- Cook, breaking up **meat** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Reduce heat to medium. Add **garlic puree**, **tomato sauce base**, **stock powder**, **soy sauce**, ½ **tsp** (1 tsp) **sugar** and ½ **cup** (½ cup) **water**. Stir to mix.
- Add **veggies**. Cook, stirring often, until **sauce** has thickened slightly and **veggies** are soft, 2-3 min.

5



### Cook eggs

- Heat a medium non-stick pan over medium heat.
- When the pan is hot, add ½ **tbsp** (1 tbsp) **butter** and swirl pan until melted.
- Crack in **eggs**.
- Season with **salt** and **pepper**.
- Pan-fry, covered, until **egg whites** are set, 2-3 min.\*\* (**NOTE:** Yolks will still be runny! Also, if preferred, pan-fry eggs using ½ **tbsp** oil instead of butter.)

6



### Finish and serve

- Fluff **rice** with fork, then stir in **half the crispy shallots**.
- Divide **rice** between bowls. Top with **meat and veggie mixture**.
- Top with **fried eggs**.
- Sprinkle **remaining crispy shallots** over top.

Measurements  
within steps

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

### 4 | Cook turkey

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

If you've opted to get **turkey**, add **1 tbsp** (2 **tbsp**) **oil** to the pan, then **turkey**. Cook in the same way the recipe instructs you to cook the **beef and pork mix**\*\*.

### 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 **1 tbsp** (2 **tbsp**) **oil**, then **tofu**. Cook, stirring occasionally, until **tofu** is golden-brown all over, 6-7 min. Follow the rest of the recipe as written.

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



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