



# Savoury Honey-Garlic Beef and Green Beans

with Steamed Rice

Family Friendly 30 Minutes



Ground Beef



Basmati Rice



Green Beans



Carrot



Vegetarian Oyster Sauce



Honey-Garlic Sauce



Garlic Puree



Cornstarch



Beef Broth Concentrate



Crispy Shallots



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## HELLO HONEY-GARLIC SAUCE

Golden sweet honey combines with garlic and a hint of soy for a sticky coating!

## Start here

- Before starting, add 1 ¼ cups water, 1 tbsp butter and ½ tsp salt (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

## Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan, vegetable peeler

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Basmati Rice	¾ cup	1 ½ cups
Green Beans	170 g	340 g
Carrot	170 g	340 g
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Honey-Garlic Sauce	4 tbsp	8 tbsp
Garlic Puree	1 tbsp	2 tbsp
Cornstarch	2 tbsp	4 tbsp
Beef Broth Concentrate	1	2
Crispy Shallots	28 g	56 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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.*

## Contact

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## Cook rice

- Add **rice** to the **boiling water** and reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min.
- Remove the pot from heat. Set aside, still covered.



## Cook beef

- Reheat the same pan over medium.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **beef**. Season with **salt** and **pepper**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. \*\*
- Carefully drain and discard excess fat.



## Prep

- Meanwhile, heat a large non-stick pan over high heat.
- While the pan heats, trim **green beans**, then cut into 1-inch pieces.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.



## Finish beef and veggies

- Add **cornstarch** and **garlic puree** to the pan with **beef**. Cook, stirring often, until fragrant, 1 min.
- Add **broth concentrate**, **oyster sauce**, **honey-garlic sauce** and ¾ **cup water** (dbl for 4 ppl). Stir to combine.
- Add **veggies**. Cook, stirring often, until **sauce** thickens slightly and **veggies** are tender, 3-4 min.



## Cook veggies

- When the pan is hot, add **carrots**, **green beans**, 1 **tbsp butter** (dbl for 4 ppl) and ¼ **cup water** (same for 4 ppl). Stir together. Cook, stirring occasionally, until **veggies** are tender-crisp and **liquid** is absorbed, 3-4 min.
- Season with **salt** and **pepper**, then transfer to a plate.
- Carefully wipe the pan clean.



## Finish and serve

- Stir **half the crispy shallots** into **rice**.
- Divide **rice** between bowls. Top with **beef and veggie mixture**.
- Spoon **any remaining sauce** from the pan over top.
- Sprinkle with **remaining crispy shallots**.

## Dinner Solved!