



Savoury Beef Bowls

with Ginger-Garlic Rice and Veggies

Spicy

20 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)



Ground Turkey
250 g | 500 g



Plant-Based Protein Shreds
200 g | 400 g



Ground Beef
250 g | 500 g



Jasmine Rice
¼ cup | 1 ½ cups



Sweet Bell Pepper
1 | 2



Snow Peas
56 g | 113 g



Green Onion
1 | 2



Ginger-Garlic Puree
2 tbsp | 4 tbsp



Sweet Chili Sauce
2 tbsp | 4 tbsp



Vegetarian Oyster Sauce
4 tbsp | 8 tbsp



Spicy Mayo
2 tbsp | 4 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 | Oil, salt, pepper

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

1



Cook rice

- Before starting, wash and dry all produce.
- Add 1 cup (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Using a strainer, rinse **rice** until **water** runs clear.
- Once boiling, add **rice** and **half the ginger-garlic puree** to the pot. Stir to combine.
- Reduce heat to medium-low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Trim **snow peas**.
- Thinly slice **green onion**.
- Combine **oyster sauce**, **sweet chili sauce**, **remaining ginger-garlic puree** and ¼ cup (⅓ cup) **water** in a medium bowl.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **snow peas** and **peppers**. Cook, stirring occasionally, until **veggies** are tender-crisp, 4-5 min.
- Remove from heat, then season **veggies** with **salt** and **pepper**, to taste.
- Transfer to a plate, then cover to keep warm.

4



Cook beef

Swap | Ground Turkey

Swap | Protein Shreds

- Heat the same pan over medium-high.
- When the pan is 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.
- Reduce heat to medium, then add **oyster sauce mixture**. Cook, stirring often, until heated through, 1-2 min.
- Season with **pepper**, to taste.

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

5



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **ginger-garlic rice** between bowls. Top with **veggies**, **beef** and **fried eggs**, if using.
- Top with **spicy mayo** and **remaining green onions**.

6



Got eggs? (optional)

- If desired, while **beef** cooks, heat a medium non-stick pan over medium-low heat.
- When hot, add 1 **tbsp** (2 **tbsp**) **butter**, then swirl the pan until melted.
- Crack in 2 **eggs** (4 eggs for 4 ppl). Season with **salt** and **pepper**.
- Pan-fry, covered, until **egg whites** have set, 2-3 min.** (**NOTE:** The yolks will still be runny.)

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**, cook it in the same way the recipe instructs you to cook the **beef****

4 | Cook protein shreds

Swap | Protein Shreds

If you've opted to get **protein shreds**, cook and plate the same way as the recipe instructs you to cook and plate the **beef**, tossing occasionally until cooked through, 6-8 min.** Disregard instructions to drain excess fat.



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