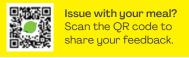


# Savoury Sesame Beef and Pork Bowls

with Saucy Veggies

Family Friendly 30-40 Minutes















Sweet Bell Pepper





Ginger-Garlic Puree





**Brown Sugar** 

Soy Sauce

Green Onion

Sesame Oil







Sesame Seeds



#### **HELLO GREEN ONION**

# Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps

Ingredient

#### Bust out

Medium bowl, vegetable peeler, measuring spoons, strainer, medium pot, measuring cups, whisk, large non-stick pan

# **Ingredients**

•		
	2 Person	4 Person
Ground Beef and Pork Mix	250 g	500 g
Ground Turkey	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Carrot	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Green Onion	1	2
Ginger-Garlic Puree	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	2 tbsp
Brown Sugar	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Beef Stock Powder	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Oil*		

Salt and Pepper\*

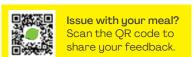
\* Pantry items

\*\* 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.





#### Cook rice

- Add 1 cup (2 cups) water and 1/8 tsp (1/4 tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse rice until water runs clear.
- Add rice to the **boiling water**, then 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.



## Prep

- Meanwhile, peel, then halve carrot lengthwise. Cut into 1/4-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice green onions.
- Whisk together cornstarch, stock powder, half the soy sauce, half the ginger-garlic puree and 34 cup (1 ½ cups) cold water in a medium bowl.



- Heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (TIP: Keep your eye on sesame seeds so they don't burn!)
- Remove from heat.
- Transfer sesame seeds to a plate.



# Cook beef and pork mix

- · Reheat the same pan over medium-high.
- When hot, add 1/2 tbsp (1 tbsp) oil, then beef and pork mix. Cook, breaking up meat into smaller pieces, until no pink remains, 4-5 min.\*\* Carefully drain and discard excess fat.
- Add brown sugar, half the sesame oil, remaining soy sauce and remaining gingergarlic puree. Cook, stirring occasionally, until **brown sugar** dissolves, 1 min. Season with **salt** and pepper.
- Transfer **meat** to a plate, covered to keep warm.

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the beef and pork mix.\*\* Disregard instructions to drain and discard excess fat.



## Cook veggies and sauce

- Add 1 tbsp (2 tbsp) oil to the same pan, then carrots. Cook, stirring occasionally, until starting to soften, 1-2 min.
- Add peppers. Cook, stirring occasionally, until veggies are tender-crisp, 3-4 min.
- Add sauce mixture (from step 2). Cook, stirring often, until sauce thickens, 1-2 min. Season with salt and pepper.
- Remove from heat.



## Finish and serve

- When rice is done, fluff with a fork, stir in remaining sesame oil and sesame seeds. Season with salt.
- Divide rice, saucy veggies and beef and pork mix between bowls.
- Sprinkle green onions over top.

## Dinner Solved!