



Savoury Sesame Beef and Pork Bowls

with Saucy Veggies

Family Friendly 30-40 Minutes



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Ground Beef and Pork Mix



Ground Turkey



Jasmine Rice



Carrot



Sweet Bell Pepper



Green Onion



Ginger-Garlic Puree



Soy Sauce



Sesame Oil



Brown Sugar



Cornstarch



Beef Stock Powder



Sesame Seeds

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** 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.

1



Cook rice

- 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.
- 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.

4



Cook beef and pork mix

- Reheat the same pan over medium-high.
- When hot, add **½ 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 ginger-garlic 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.

2



Prep

- Meanwhile, peel, then halve **carrot** lengthwise. Cut into ¼-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 **¾ cup** (1 ½ cups) **cold water** in a medium bowl.

5



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.

3



Toast sesame seeds

- 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.

6



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!



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