



# Smart Beef and Edamame Bowls

with Marinated Veggies and Cilantro Mayo

Calorie Smart

Carb Smart

30 Minutes



Ground Beef



Wild Rice Medley



Mini Cucumber



Radish



Soy Sauce



Mayonnaise



Cilantro



Rice Vinegar



Edamame

HELLO EDAMAME

*A small legume commonly used in East Asian cuisines!*

## Start here

Before starting, wash and dry all produce.

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

## Bust out

2 Medium bowls, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Wild Rice Medley	½ cup	1 cup
Mini Cucumber	66 g	132 g
Radish	3	6
Soy Sauce	½ tbsp	1 tbsp
Mayonnaise	2 tbsp	4 tbsp
Cilantro	7 g	14 g
Rice Vinegar	1 tbsp	2 tbsp
Edamame	56 g	113 g
Unsalted Butter*	½ tbsp	1 tbsp
Sugar*	¼ tsp	½ tsp
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.*

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## Cook edamame rice

- Add **wild rice medley, edamame, 1 ¼ cups** (2 ½ cups) **water, ½ tbsp** (1 tbsp) **butter** and **⅛ tsp** (¼ tsp) **salt** to a medium pot.
- Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and simmer until **rice** is tender and **liquid** is absorbed, 16-18 min.
- Remove the pot from heat. Set aside, still covered.



## Form patties

- Add **beef, remaining cilantro, soy sauce** and **⅛ tsp** (¼ tsp) **salt** to another medium bowl. Season with **pepper**, then combine.
- Using wet hands, form **mixture** into **six 2-inch wide patties** (12 patties for 4 ppl).



## Prep and make cilantro mayo

- Thinly slice **cucumber** into rounds.
- Thinly slice **radishes** into rounds.
- Finely chop **cilantro**.
- Add **mayo, half the cilantro** and **1 tsp** (2 tsp) **water** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



## Cook patties

- Heat a large non-stick pan over medium heat.
- When hot, add **½ tsp** (1 tsp) **oil**, then **patties**. Pan-fry until cooked through, 3-4 min per side. \*\* (TIP: Reduce heat to medium-low if patties are browning too quickly. Cook for 1 min more per side.)
- Remove from heat. Cover to keep warm.



## Marinate veggies

- Add **cucumbers, radishes, vinegar, ¼ tsp** (½ tsp) **sugar** and **1 tsp** (2 tsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to combine.



## Finish and serve

- Fluff **edamame rice** with a fork.
- Divide **edamame rice** between bowls.
- Top with **patties** and **marinated veggies**.
- Drizzle **cilantro mayo** over top.

## Dinner Solved!