



Sticky Chili-Garlic Beef and Green Beans

with Crispy Shallot Rice

Spicy

40 Minutes

[Custom Recipe](#)

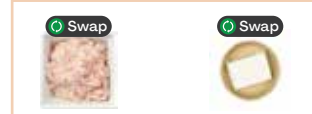
[+ Add](#)

[↻ 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 Chicken
250 g | 500 g

Tofu
1 | 2



Ground Beef
250 g | 500 g



Basmati Rice
3/4 cup | 1 1/2 cups



Green Beans
170 g | 340 g



Carrot
1 | 2



Vegetarian Oyster Sauce
4 tbsp | 8 tbsp



Sweet Chili Sauce
2 tbsp | 4 tbsp



Garlic Puree
1 tbsp | 2 tbsp



Cornstarch
1 tbsp | 2 tbsp



Beef Broth Concentrate
1 | 2



Crispy Shallots
28 g | 56 g

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*, unsalted butter*, salt*, pepper*

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

1



Cook rice

- Before starting, add 1 ¼ cups (2 ½ cups) water, 1 tbsp (2 tbsp) butter and ¼ tsp (½ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- 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.

2



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.

3



Cook veggies

- When the pan is hot, add **carrots**, **green beans**, 1 tbsp (2 tbsp) **butter** 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.
- While **beef** cooks, add **cornstarch**, **broth concentrate**, **oyster sauce**, **sweet chili sauce** and ½ cup (1 cup) **water** to a medium bowl. Whisk to combine.
- Season **veggies** with **salt** and **pepper**, then transfer to a plate.
- Carefully wipe the pan clean.

4



Cook beef

[Swap | Chicken](#) [Swap | Tofu](#)

- Reheat the same pan over medium.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, 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.

5



Finish beef and veggies

- Add **garlic puree** to the pan with **beef**. Cook, stirring often, until fragrant, 1 min.
- Add **veggies** and **sauce mixture**.
- Cook, stirring often, until **sauce** thickens slightly and **veggies** are tender, 2-3 min.

6



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**.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

4 | Cook chicken

[Swap | Chicken](#)

If you've opted to get **chicken**, cook it in the same way the recipe instructs you to cook the **beef**.**

4 | Cook tofu

[Swap | Tofu](#)

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Cook it in the same way the recipe instructs you to cook the **beef**, until crispy, 6-7 min.

** Cook beef and chicken to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.



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