



# Teriyaki Beef Bowls



with Edamame Rice and Garlicky Broccoli

Family Friendly 30 Minutes



**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!

-  Ground Beef
-  Ground Turkey
-  Parboiled Rice
-  Teriyaki Sauce
-  Garlic Salt
-  Broccoli, florets
-  Edamame
-  Green Onion
-  Soy Sauce Mirin Blend

### HELLO TERIYAKI SAUCE

*This sweet and savoury sauce adds a Japanese-style spin to any dish!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan

### Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Parboiled Rice	¾ cup	1 ½ cups
Teriyaki Sauce	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Broccoli, florets	227 g	454 g
Edamame	113 g	226 g
Green Onion	2	4
Soy Sauce Mirin Blend	4 tbsp	8 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.*

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### Cook edamame rice

Heat a medium pot over medium heat. When hot, add **½ tbsp oil**, (dbl for 4 ppl), then **edamame, rice** and **half the garlic salt**. Cook, stirring often, until toasted, 2-3 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Once boiling, 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.



### Cook beef

Heat the same pan over medium. When hot, add **beef** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\* Carefully drain and discard excess fat. Stir in **teriyaki sauce** and **soy sauce mirin blend**. Cook, stirring occasionally, until **sauce** thickens slightly, 1 min. Remove the pan from heat, then season with **salt** and **pepper**, to taste.

If you've opted to get **turkey**, add **½ tbsp oil** (dbl for 4 ppl) to the pan, then **turkey**. Cook it in the same way the recipe instructs you to cook the **beef**. No need to drain and discard excess fat.



### Prep

Meanwhile, cut **broccoli** into bite-sized pieces. Thinly slice **green onions**.



### Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions**. Divide **rice** between bowls. Top with **broccoli, beef** and **any sauce** from the pan. Sprinkle **remaining green onions** over top.

## Dinner Solved!



### Cook broccoli

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **broccoli, remaining garlic salt** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min. Transfer to a plate, then cover to keep warm.