



Sweet Heat Beyond Meat® Bowls

with Edamame Jasmine Rice

Veggie

Spicy

25 Minutes



Customized Protein

+ Add

Swap

or

x2 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](http://www.hellofresh.ca)



Beyond Meat® 4 | 8
Ground Beef 250 g | 500 g

Beyond Meat® 2 | 4
Jasmine Rice ¾ cup | 1 ½ cup

Soy Sauce 2 tbsp | 4 tbsp
Sesame Oil 1 tbsp | 2 tbsp

Garlic, cloves 2 | 4
Yellow Onion ½ | 1

Edamame 56 g | 113 g
Carrot 1 | 2

Sesame Seeds 1 tbsp | 2 tbsp
Sweet Chili Sauce 2 tbsp | 4 tbsp

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

• Before starting, wash and dry all produce.

- 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** and **edamame** 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.

2



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Peel, then cut **carrot** into 1/4-inch half-moons.
- Peel, then cut **onion** into 1/4-inch slices.

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 fragrant, 3-4 min. (**TIP:** Keep your eye on them so they don't burn.) Transfer to a plate.

4



Cook veggies

- Add **half the sesame oil** to the same pan (used in step 3), then **onions** and **carrots**. Cook, stirring occasionally, until tender, 3-4 min.
- Season with **salt** and **pepper**, then transfer to a plate. Cover to keep warm.

5



Cook Beyond Meat®

×2 Double | **Beyond Meat®**

Swap | **Ground Beef**

- Add **remaining sesame oil** to the same pan, then **Beyond Meat® patties** and **garlic**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 mins.**
- Add **soy sauce** and **half the sweet chili sauce**. Cook, stirring often, until **Beyond Meat®** is coated, 2-3 min.
- Stir in **half the sesame seeds**.
- Season with **salt** and **pepper**.

6



Finish and serve

- Fluff **rice** with a fork.
- Divide **rice** between bowls.
- Top with **veggies**, then **Beyond Meat® mixture**.
- Drizzle **remaining sweet chili sauce** over top.
- Sprinkle with **remaining sesame seeds**.

Measurements
within steps

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

5 | Cook Beyond Meat®

×2 Double | **Beyond Meat®**

If you've opted for **double Beyond Meat®**, cook it in the same way the recipe instructs you to cook the **regular portion of Beyond Meat®**. Work in batches, if necessary.

5 | Cook beef

Swap | **Ground Beef**

If you've opted to get **beef**, after **veggies** are cooked, add **remaining sesame oil** to the same pan, then **beef** and **garlic**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard excess fat.