



SuperQuick Korean-Style Ground Beef Bowls with Edamame Rice

Spicy 15 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](https://www.hellofresh.ca)

 	 
Ground Turkey 250 g 500 g	Beyond Meat® 2 4



	
Ground Beef 250 g 500 g	Jasmine Rice ¾ cup 1 ½ cups
	
Coleslaw Cabbage Mix 170 g 340 g	Edamame 56 g 113 g
	
Green Onion 1 2	Ginger Sauce 2 tbsp 4 tbsp
	
Seasoned Rice Vinegar 2 tbsp 4 tbsp	Spicy Mayo 2 tbsp 4 tbsp
	
Beef Broth Concentrate 1 2	Sesame Seeds 9 g 18 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 | Salt, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, strainer

1



Cook edamame rice

- Before starting, 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.
- Wash and dry all produce.

- Once water is almost at a boil, using a strainer, rinse **rice** until water runs clear.
- Add **rice** and edamame to the **boiling water**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 14-15 min.
- Remove from heat. Set aside, still covered.

4



Finish and serve

- Fluff **rice** with a fork, then stir in **half the sesame seeds**.
- Divide **rice** between bowls. Top with **beef mixture** and **slaw**.
- Drizzle with **spicy mayo** and sprinkle **green onions** and **remaining sesame seeds** over top.

2



Cook beef

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Meanwhile, heat a large non-stick pan over medium-high.
- While the pan heats, thinly slice **green onion**.
- 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.
- Add **broth concentrate**, **half the vinegar**, **1 ½ tbsp** (3 tbsp) **ginger sauce** and **2 tbsp** (4 tbsp) **water**. Cook, stirring often, until **sauce** thickens slightly, 1-2 min.

3



Make slaw and serve

- Add **coleslaw cabbage mix**, **half the green onions**, **remaining vinegar** and ½ **tbsp** (1 **tbsp**) **ginger sauce** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Cook turkey

Swap | **Ground Turkey**

If you've opted to get **turkey**, add **1 tbsp** (2 **tbsp**) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.** Disregard instructions to drain excess fat.

2 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy.** Disregard instructions to drain excess fat.

** Cook to a minimum internal temperature of 74°C/165°F.