



Beef Banh Mi-Inspired Bowls

with Pickled Carrots and Radish

Spicy

20 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)

 Swap	 Swap	 Double
		
Ground Turkey 250 g 500 g	Tofu 1 2	Ground Beef 500 g 1000 g



	
Ground Beef 250 g 500 g	Jasmine Rice ¾ cup 1 ½ cups
	
Radish 2 4	Carrot, julienned 56 g 113 g
	
Sesame Seeds 9 g 18 g	Miso Broth Concentrate 1 2
	
Hoisin Sauce 4 tbsp 8 tbsp	Spicy Mayo 4 tbsp 8 tbsp
	
Seasoned Rice Vinegar 1 tbsp 2 tbsp	Green Onion 2 4
	
Sesame Oil 1 tbsp 2 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.*

Ingredient quantities 56 g | 113 g
2 person | 4 person

Pantry items | Salt, sugar

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

1



Cook 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.

- Using a strainer, rinse **rice** until water runs clear.
- To the **boiling water**, add **rice**. Reduce heat to low.
- Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

4



Cook beef

🔄 Swap | **Ground Turkey**

🔄 Swap | **Tofu**

*2 Double | **Ground Beef**

- Meanwhile, heat a large non-stick pan over medium-high.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **sesame oil**, then **beef**.
- Cook for 4-5 min, breaking up **beef** into smaller pieces, until no pink remains.**
- Carefully drain and discard excess fat.

2



Prep

- Meanwhile, thinly slice **green onions**.
- Cut **radishes** into ¼-inch rounds.

3



Quick-pickle veggies

- In a medium bowl, whisk together **vinegar**, **2 tbsp** (4 **tbsp**) **water**, ½ **tsp** (¼ **tsp**) **salt** and ½ **tbsp** (1 **tbsp**) **sugar**.
- Add **radish** and **carrots**, then toss to coat.
- Place in the fridge to pickle.

5



Finish beef

- To the pan, add **hoisin sauce**, **miso broth concentrate** and **half the sesame seeds**.
- Cook for 1-2 min, stirring often, until **beef** is coated.

6



Finish and serve

- Drain **pickled veggies** and discard liquid.
- Add **remaining sesame oil** to the **rice**. Fluff **rice** with a fork and season with **salt**, if you like.
- Divide **rice** between bowls. Top with **beef**, **pickled veggies** and **green onions**.
- Spoon **spicy mayo** over top, then sprinkle with **remaining sesame seeds**.

Measurements **1 tbsp** (2 **tbsp**) **oil**
within steps 2-serving 4-serving 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.

4 | Cook turkey

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook in the same way the recipe instructs you to cook the **beef**.** Disregard instructions to drain excess fat.

4 | Cook tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. When the pan is hot, add ½ **tbsp** (1 **tbsp**) **sesame oil**, ½ **tbsp** (1 **tbsp**) **oil**, then **tofu**. Cook for 6-7 min, stirring occasionally, until **tofu** is browned all over. Disregard instructions to drain excess fat. Follow the rest of the recipe as written.

4 | Cook beef

*2 Double | **Ground Beef**

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

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