



SuperQuick Korean-Style 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 Chicken
250 g | 500 g



Tofu
1 | 2



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, to a medium pot, add **1 cup** (2 cups) **water** and $\frac{1}{8}$ **tsp** ($\frac{1}{4}$ tsp) **salt**. 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 for 14-15 min, until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

2



Cook beef

Swap | **Ground Chicken**

Swap | **Tofu**

- 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 for 4-5 min, breaking up **beef** into smaller pieces, until no pink remains.** 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 for 1-2 min, stirring often, until **sauce** thickens slightly.

3



Make slaw and serve

- To a medium bowl, add **coleslaw cabbage mix**, **half the green onions**, **remaining vinegar** and $\frac{1}{2}$ **tbsp** (1 tbsp) **ginger sauce**. Season with **salt** and **pepper**, then toss to coat.

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 **remaining green onions** and **remaining sesame seeds** over top.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2-serving	4-serving	Ingredient

For 6 servings

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 chicken

Swap | **Ground Chicken**

If you've opted to get **chicken**, to the pan, add $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**, then **chicken**. Cook in the same way the recipe instructs you to prep and cook **beef**.** Disregard instructions to drain excess fat.

2 | Cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, while the pan heats, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. When the pan is hot, add **1 tbsp** (2 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.

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

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