



# Beef and Broccoli Stir-Fry on Garlic Rice

**FAMILY** 25 Minutes



Ground Beef



Jasmine Rice



Broccoli, florets



Green Onions



Garlic



Onion, chopped



Hoisin-Soy  
Sauce Blend



Sweet Chili Sauce



Moo Shu Spice Blend



Cornstarch



Crispy Shallots

## HELLO CRISPY SHALLOTS

*Fried crispy shallots pack the perfect salty punch!*

# START HERE

Before starting, wash and dry all produce.

## Bust Out

Garlic Press, Large Pot, Medium Pot, Whisk, Medium Bowl, Measuring Cups, Measuring Spoons

## Ingredients

	4 Person
Ground Beef	500 g
Jasmine Rice	1 ½ cup
Broccoli, florets	454 g
Green Onions	4
Garlic	6 g
Onion, chopped	113 g
Hoisin-Soy Sauce Blend	½ cup
Sweet Chili Sauce	¼ cup
Moo Shu Spice Blend	1 tbsp
Cornstarch	2 tbsp
Crispy Shallots	28 g
Oil*	
Salt and Pepper*	

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## 1. PREP

Cut **broccoli** into bite-sized pieces. Thinly slice **green onions**. Peel, then mince or grate **garlic**.



## 4. MAKE SAUCE

While **broccoli** cooks, whisk **hoisin-soy sauce**, **sweet chili sauce**, **cornstarch** and **1 cup water** in a medium bowl. Set aside.



## 2. COOK GARLIC RICE

Heat a medium pot over medium heat. When hot, add **1 tbsp oil**, then **garlic** and **rice**. Cook, stirring often, until fragrant, 1-2 min. Add **2 ½ cups water** and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## 5. COOK BEEF

Heat the same pot over medium-high heat. When hot, add **1 tbsp oil**, then **beef**, **onions** and **Moo Shu Spice**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\* Add **cornstarch mixture** to pot with **beef**. Bring to a boil over high heat then cook, stirring often, until **sauce** is slightly thickened, 2-3 min. Season with **salt** and **pepper**.



## 3. COOK BROCCOLI

Heat a large pot medium-high heat. When hot add **1 tbsp oil** then the **broccoli** and **¼ cup water**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Remove pot from the heat then transfer **broccoli** to a plate. Cover to keep warm.



## 6. FINISH & SERVE

Fluff **rice** with a fork then stir in **half the green onions** and season with **salt**. Divide **rice** between bowls. Top with **broccoli**, **beef** and **sauce** from the pot. Sprinkle with **crispy shallots** and **remaining green onions**.

# Dinner Solved!