



Beef and Rice Bowl

with Quick Pickled Onions and Snap Peas

Quick 25 Minutes



Ground Beef



Parboiled Rice



Red Onion, sliced



Mini Cucumber



Sesame Seeds



Soy Sauce



Ginger



Sugar Snap Peas



Rice Vinegar



Mayonnaise



Honey

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring cups, measuring spoons, medium bowl, grater, strainer, medium pot, small pot, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Parboiled Rice	¾ cup	1½ cup
Red Onion, sliced	56 g	113 g
Mini Cucumber	66 g	132 g
Sesame Seeds	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Ginger	15 g	30 g
Sugar Snap Peas	113 g	227 g
Rice Vinegar	1 tbsp	2 tbsp
Mayonnaise	4 tbsp	8 tbsp
Honey	1 tbsp	2 tbsp
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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1 Make ginger rice

Peel, then mince or grate **ginger 1 tbsp** (dbl for 4 ppl). Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **half the ginger**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¾ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to medium-low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove pot from heat. Set aside, still covered.



2 Pickle onions

While **rice** cooks, add **onions, vinegar, 1 tbsp water** and **1 tsp sugar** (dbl both for 4 ppl) to a small pot. Bring to a simmer over medium-high heat and cook, stirring occasionally, until **sugar** dissolves, 1-2 min. Remove pot from heat. Transfer **onions**, including **pickling liquid**, to a medium bowl. Set aside to cool.



3 Prep

While **onions** pickle, trim **snap peas**. Thinly slice **cucumber**. Stir together **mayo**, **half the sesame seeds** and **half the soy sauce** in a small bowl.



4 Cook snap peas

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **snap peas**. Cook, stirring often, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Remove pan from heat. Transfer **snap peas** to a plate and cover to keep warm.



5 Cook beef

Heat the same pan over medium-high. When hot, add **beef** and **remaining ginger** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard excess fat. Remove pan from heat, then add **honey** and **remaining soy sauce**. Season with **pepper**, then stir to combine.



6 Finish and serve

Drain **pickled onions** and discard pickling liquid. Fluff **rice** with a fork. Divide **rice** between bowls. Top with **beef, snap peas, cucumbers** and **pickled onions**. Drizzle **mayo mixture** over top and sprinkle with **remaining sesame seeds**.

Dinner Solved!