



Beef Banh Mi-Style Bowls

with Pickled Carrots and Radish

Quick

Spicy

25 Minutes



Ground Beef



Jasmine Rice



Radish



Carrot, julienned



Sesame Seeds



Soy Sauce



Hoisin Sauce



Spicy Mayo



Rice Vinegar



Cilantro

HELLO SESAME SEEDS

These little seeds explode with flavour when toasted!!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Radish	3	6
Carrot, julienned	56 g	113 g
Sesame Seeds	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Hoisin Sauce	4 tbsp	8 tbsp
Spicy Mayo 🌶️	4 tbsp	8 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Cilantro	7 g	14 g
Sugar*	½ tbsp	1 tbsp
Oil*		
Salt*		

* Pantry items

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

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.

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1 Prep

- Add **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, roughly chop **cilantro**.
- Cut **radish** into ¼-inch rounds.



4 Cook beef

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



2 Cook rice

- Add **rice** to the **boiling water**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



5 Finish beef

- Add **hoisin sauce, soy sauce** and **half the sesame seeds** to the pan.
- Cook, stirring often, until **beef** is coated, 1-2 min.



3 Quick-pickle veggies

- Meanwhile, whisk together **vinegar, 2 tbsp water, ⅛ tsp salt** and **½ tsp sugar** (dbl all for 4 ppl) in a medium bowl.
- Add **radish** and **carrots**, then toss to coat.
- Place in the fridge to pickle.



6 Finish and serve

- Drain **pickled veggies** and discard **liquid**.
- Fluff **rice** with a fork, then season with **salt**, to taste.
- Divide **rice** between bowls. Top with **beef, pickled veggies** and **cilantro**.
- Spoon **spicy mayo** over top, then sprinkle with **remaining sesame seeds**.

Dinner Solved!