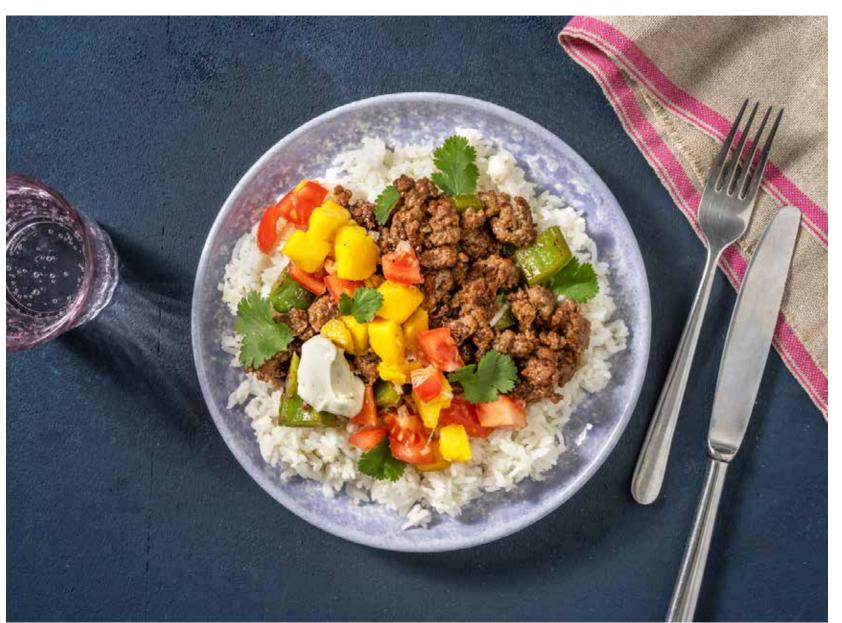


# **Beef Luau Bowls**

with Mango Salsa

Quick

30 Minutes





**Ground Beef** 







Garlic Puree



Jasmine Rice









Teriyaki Sauce





Sour Cream



Cilantro

HELLO TERIYAKI

## Start here

Before starting, wash and dry all produce.

#### **Bust Out**

Medium bowl, microplane/zester, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

## Ingredients

9		
	2 Person	4 Person
Ground Beef	250 g	500 g
Mango, chopped	85 g	170 g
Garlic Puree	1 tbsp	2 tbsp
Jasmine Rice	¾ cup	1 ½ cup
Poblano Pepper	160 g	320 g
Red Onion	50 g	100 g
Teriyaki Sauce	4 tbsp	8 tbsp
Lime	1	2
Sour Cream	6 tbsp	12 tbsp
Cilantro	7 g	14 g
Roma Tomato	80 g	160 g
Oil*		

Salt and Pepper\*

\* Pantry items

## **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.



## Prep

Bring 1 ¼ cups water (dbl for 4 ppl) to a boil in a covered medium pot. While water comes to a boil, cut mango into ¼-inch pieces. Core, then cut poblano into ¼-inch pieces. Cut tomato into ¼-inch pieces. Zest, then juice half the lime. Cut remaining lime into wedges. Peel, then mince ⅓ cup onion (dbl for 4 ppl).



#### Cook rice

Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



#### Make salsa and crema

While rice cooks, combine mango, tomatoes, onions and half the lime juice in a medium bowl. Season with salt and pepper. Stir together sour cream, half the lime zest, remaining lime juice and 1/4 tsp garlic puree (dbl for 4 ppl) in a small bowl. Season with salt and pepper.



## Cook beef and poblanos

Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tsp oil** (dbl for 4 ppl), then **beef** and **poblanos**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*



## Finish beef

Add the **teriyaki sauce** and **remaining garlic puree** to the pan with the **beef**. Cook, stirring often, until **beef** is coated, 1-2 min.



#### Finish and serve

Fluff rice with a fork, then season with salt and stir in remaining lime zest. Divide the rice between plates. Top with teriyaki beef and mango salsa. Dollop with lime crema and tear the cilantro over top.

# **Dinner Solved!**

#### Contact

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