

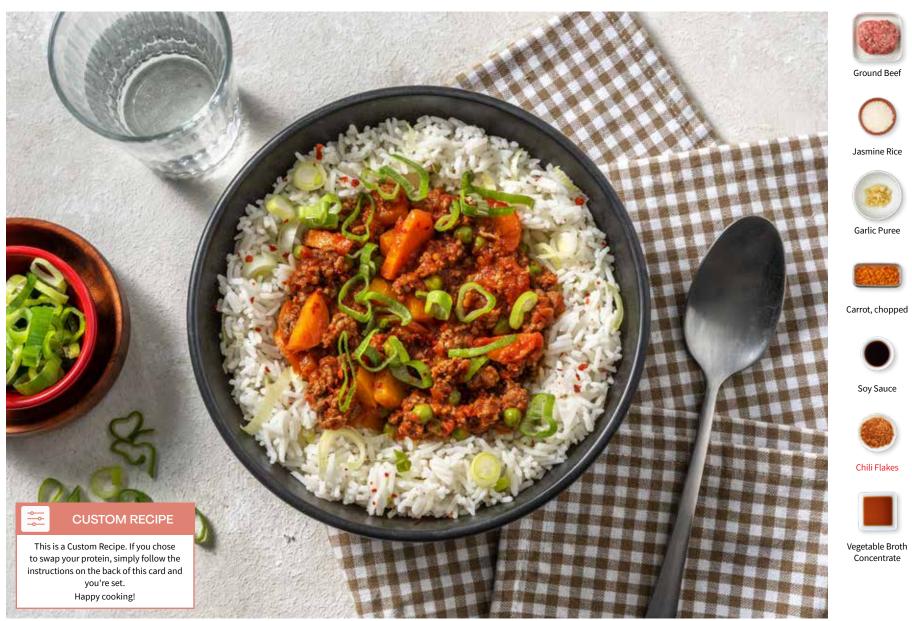
# Caldereta-Style Ground Beef

with Peppers, Peas and Rice

Family Friendly Optional Spice

Quick

25 Minutes















Sweet Bell Pepper



**Green Onions** 



# Start here

Before starting, wash and dry all produce.

#### **Bust out**

Measuring spoons, medium pot, measuring cups, large pot

# Ingredients

| 2 Person | 4 Person  |
|----------|---|
| 250 g    | 500 g   |
| 250 g    | 500 g   |
| ¾ cup    | 1 ½ cups  |
| 370 ml   | 740 ml  |
| 1 tbsp   | 2 tbsp  |
| 56 g     | 113 g   |
| 113 g    | 227 g   |
| 160 g    | 320 g   |
| 1 tbsp   | 2 tbsp  |
| 2        | 4   |
| 1 tsp    | 2 tsp   |
| 1 tsp    | 2 tsp   |
| 1        | 2   |
| 1/4 tsp  | ½ tsp   |
|          |   |
|          |   |
|          | 250 g  250 g  34 cup  370 ml  1 tbsp  56 g  113 g  160 g  1 tbsp  2  1 tsp  1 tsp |

<sup>\*</sup> Pantry items

## **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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#### Cook rice

Thinly slice **green onion whites**. (NOTE: Keep the greens for use in step 5.) Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **green onion whites**, **half the garlic puree** and **rice**. Cook, stirring often, until **garlic** is fragrant 1-2 min. Add 1 ¼ **cups water** and ½ **tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, 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.



#### Make sauce

Add soy sauce and remaining garlic puree to the pot with beef. Cook, stirring constantly, until sauce is fragrant and slightly reduced, 1 min. Add broth concentrate, crushed tomatoes, peas, ¼ tsp sugar and ½ cup water (dbl both for 4 ppl). Bring to a boil over high. Once boiling, reduce heat to medium. Simmer, stirring occasionally, until sauce thickens slightly and veggies are tender, 4-5 min. Season with salt and pepper.



### Cook beef

While **rice** cooks, heat a large pot 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. Season **beef** with **garlic salt** and **pepper**.



## **CUSTOM RECIPE**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**.



## Finish and serve

While **caldereta** simmers, thinly slice **remaining green onions**. Fluff **rice** with a fork. Divide **rice** between bowls. Top with **beef caldereta**, then sprinkle with **remaining green onions**. Sprinkle **chili flakes** over top, if desired.

# **Dinner Solved!**



# Cook veggies

While **beef** cooks, core, then cut **pepper** into ½-inch pieces. Add **peppers** and **carrots** to the pot with **beef**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min.

<sup>\*\*</sup> Cook to a minimum internal temperature of 74°C/165°F.