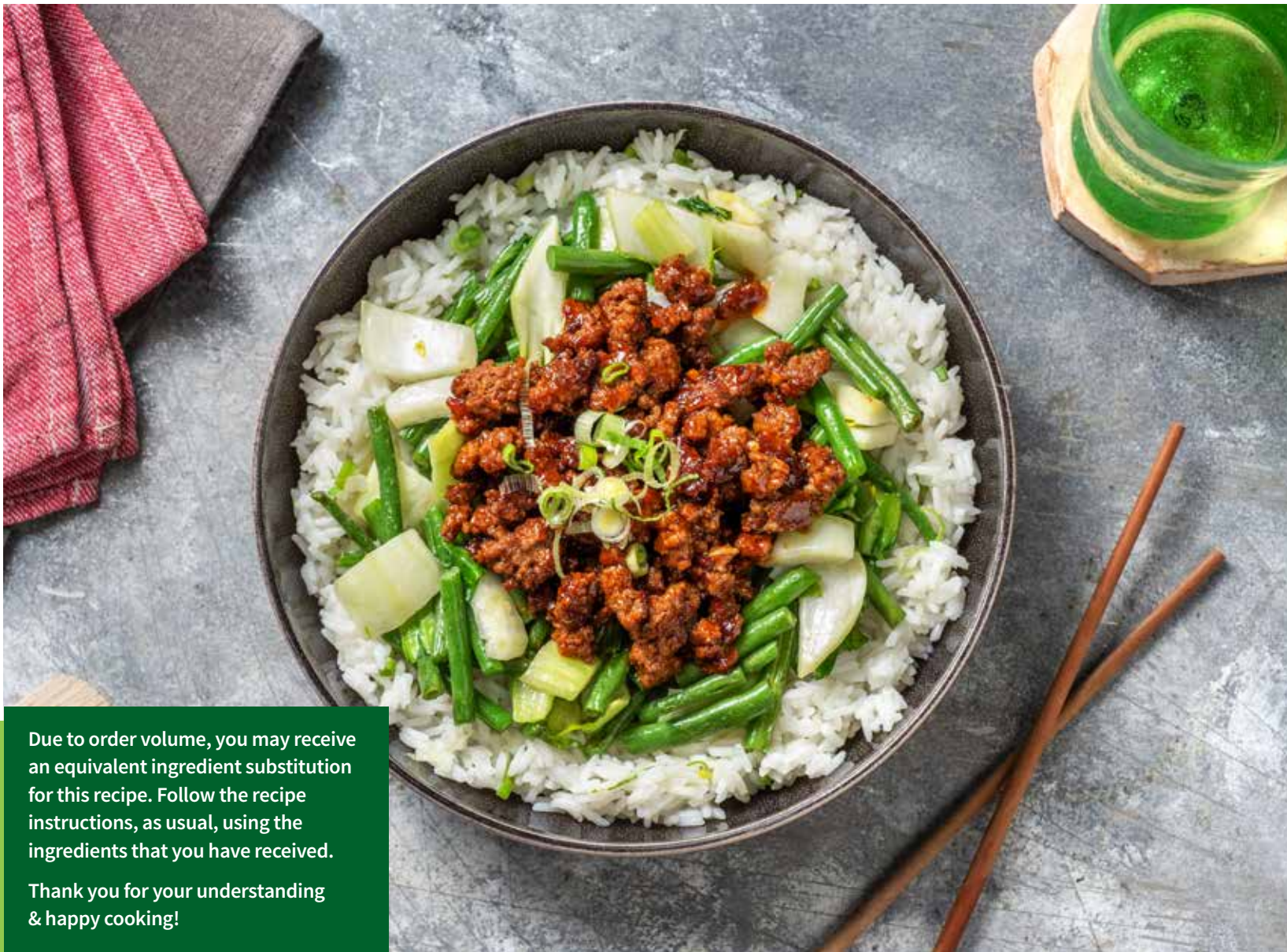




# Chinese-Style Beef Bowl

with Garlic-Ginger Rice and Green Veggies

**PRONTO** 25 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Ground Beef



Jasmine Rice



Ginger



Garlic Salt



Green Beans



Chili Garlic Sauce



Sweet Chili Sauce



Bok Choy, chopped



Hoisin-Soy  
Sauce Blend



Green Onions

## HELLO HOISIN SAUCE

A sweet and sticky umami-packed Asian condiment!

# START HERE

Before starting, wash and dry all produce.

## Heat Guide for Step 2:

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 1 ½ tsp
- Extra-spicy: 2 tsp

## Bust Out

Large Non-Stick Pan, Grater, Medium Pot, Medium Non-Stick Pan, Measuring Cups & Spoons, Medium Bowl

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cup
Ginger	30 g	60 g
Garlic Salt	1 ½ tsp	3 tsp
Green Beans	170 g	340 g
Chili Garlic Sauce 🌶️	1 tbsp	2 tbsp
Sweet Chili Sauce	2 tbsp	4 tbsp
Bok Choy, Chopped	113 g	227 g
Hoisin-Soy Sauce Blend	¼ cup	½ cup
Green Onions	2	4
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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## 1. COOK RICE

Peel, then mince or grate **ginger**. Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **rice**, **half the ginger** and **half the garlic salt**. Cook, stirring often, until fragrant, 2-3 min. Add **1 ¼ cups water** (dbl for 4 ppl) 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.



## 4. COOK BEEF

Heat the same pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **beef** and **remaining garlic salt**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\* Add **hoisin-soy mixture** and cook, stirring often, until heated through, 1-2 min. Season with **pepper**.



## 2. PREP

Trim **green beans**, then cut into 1-inch pieces. Thinly slice **green onions**. Stir together **hoisin-soy sauce**, **sweet chili sauce** and **1 tsp chili garlic sauce** (dbl for 4ppl) (**NOTE:** Reference heat guide) in a medium bowl. Set aside.



## 5. GOT EGGS? (OPTIONAL)

If desired, while **beef** cooks, heat a medium non-stick pan over medium-low heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl pan, until melted. Crack in **two eggs** (dbl for 4 ppl). Season with **salt** and **pepper**. Pan-fry, covered, until **egg white** is set 2-3 min.



## 3. COOK VEGGIES

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **green beans**. Cook, stirring occasionally, until starting to soften, 2-3 min. Add **bok choy** and **remaining ginger**. Cook, stirring occasionally, until **veggies** are tender-crisp, 2-3 min. Season with **salt** and **pepper**. Remove pan from the heat then transfer **veggies** to a plate. Cover to keep warm.



## 6. FINISH & SERVE

Fluff **rice** with a fork. Stir in **half the green onions** and season with **salt**. Divide **ginger-garlic rice** between bowls. Top with **veggies**, **beef** and **fried eggs**, if using. Sprinkle with **remaining green onions**.

# Dinner Solved!