



Chinese-Style Beef Bowl

with Garlic-Ginger Rice and Green Veggies

Quick

Optional Spice

25 Minutes



Ground Beef



Par-boiled Rice



Shanghai Bok Choy



Green Beans



Ginger



Green Onions



Garlic Salt



Chili Garlic Sauce



Sweet Chili Sauce



Hoisin Sauce



Soy Sauce

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 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 1 ½ tsp

Bust Out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Par-boiled Rice	¾ cup	1 ½ cup
Shanghai Bok Choy	227 g	454 g
Green Beans	170 g	340 g
Ginger	30 g	60 g
Green Onions	2	4
Garlic Salt	1 tsp	2 tsp
Chili Garlic Sauce 🌶️	1 tbsp	1 tbsp
Sweet Chili Sauce	2 tbsp	4 tbsp
Hoisin Sauce	¼ cup	½ cup
Soy Sauce	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook beef and eggs to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively.

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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Cook garlic-ginger 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.



Cook beef

Heat the same 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**. Add **remaining garlic salt** and **hoisin-soy mixture**. Cook, stirring often, until heated through, 1-2 min. Season with **pepper**.



Prep

While **rice** cooks, trim **green beans**, then cut into 1-inch pieces. Cut **bok choy** into 1-inch pieces. Thinly slice **green onions**. Stir together **hoisin sauce**, **soy sauce**, **sweet chili sauce** and **1 tsp chili garlic sauce** in a medium bowl. (NOTE: Reference Heat Guide.) Set aside.



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.*



Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), 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 and cover to keep warm.



Finish and serve

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

Dinner Solved!