



Chinese-Style Beef Bowls

with Garlic Rice and Green Veggies

Quick

Spicy

25 Minutes



Ground Beef



Basmati Rice



Shanghai Bok Choy



Green Beans



Green Onions



Garlic Puree



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, measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Basmati Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	226 g	452 g
Green Beans	170 g	340 g
Green Onions	2	4
Garlic Puree	1 tbsp	2 tbsp
Chili Garlic Sauce 🌶️	1 tsp	2 tsp
Sweet Chili Sauce 🌶️	2 tbsp	4 tbsp
Hoisin Sauce	¼ cup	½ cup
Soy Sauce	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* 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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Cook garlic rice

Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **rice** and **half the garlic puree**. 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. 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.



Cook beef

Heat the same pan over medium-high. 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. Reduce heat to medium, then add **remaining garlic puree** and **hoisin-soy mixture**. Cook, stirring often, until heated through, 1-2 min. Season with **pepper**, to taste.



Prep

While **rice** cooks, trim, then cut **green beans** 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.



Finish and serve

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



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**, then season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 2-3 min. Remove the pan from heat. Transfer **veggies** to a plate and cover to keep warm.



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), then swirl pan until melted. Crack in **2 eggs** (dbl for 4 ppl). Season with **salt** and **pepper**. Pan-fry covered until **egg whites** have set, 2-3 min.** (**NOTE**: The yolks will still be runny!)

Dinner Solved!