



Chinese-Style Beef Bowls

with Garlic Rice and Bok Choy

Spicy

Quick

25 Minutes



Ground Beef



Jasmine Rice



Bok Choy, chopped



Sweet Bell Pepper



Green Onion



Garlic Puree



Sweet Chili Sauce



Vegetarian Oyster Sauce

HELLO OYSTER SAUCE

A savoury sauce that adds oomph to any stir-fry!

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Bok Choy, chopped	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Green Onion	1	2
Garlic Puree	1 tbsp	2 tbsp
Sweet Chili Sauce 🌶️	2 tbsp	4 tbsp
Vegetarian Oyster Sauce	4 tbsp	8 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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



Cook garlic rice

- Using a strainer, rinse **rice** until **water** runs clear.
- Heat a medium pot over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **half the garlic puree**. Cook, stirring often, until fragrant, 1-2 min.
- Add **1 cup water** and **⅛ tsp salt** (dbl both for 4 ppl) and bring to a boil over high.
- Once boiling, reduce heat to medium-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 **oyster sauce mixture**. Cook, stirring often, until heated through, 1-2 min.
- Season with **pepper**, to taste.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onion**.
- Combine **oyster sauce**, **sweet chili sauce**, **remaining garlic puree** and **¼ cup water** (½ cup for 4 ppl) in a medium bowl.



Finish and serve

- Fluff **rice** with a fork, 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 **peppers**. 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, then 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 the 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!