



Jamaican Beef Patty Bowl

with Cumin-Turmeric Rice

Quick

25 Minutes



Ground Beef



Jerk Spice Blend



Cumin-Turmeric
Spice Blend



Jasmine Rice



Mirepoix



Green Peas



Cilantro



Beef Broth
Concentrate



Garlic Puree



Green Onions

HELLO JERK SPICE

A warm blend made with allspice, cinnamon, nutmeg and thyme.

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Jerk Spice Blend	1 tbsp	2 tbsp
Cumin-Turmeric Spice Blend	1 tbsp	2 tbsp
Jasmine Rice	¾ cup	1 ½ cup
Mirepoix	113 g	227 g
Green Peas	56 g	113 g
Cilantro	7 g	14 g
Beef Broth Concentrate	1	2
Garlic Puree	1 tbsp	2 tbsp
Green Onions	2	4
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tbsp	1 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 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 rice and peas

Heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **Cumin-Turmeric Spice Blend**. Cook, stirring often, until fragrant, 2-3 min. Add **rice, peas, 1 ¾ cups water** and **¼ tsp salt** (dbl both 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.



Prep garnish

While the **beef sauce** is reducing, finely chop **cilantro**. Thinly slice **green onions**.



Start beef

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add the **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Add **Jerk Spice Blend** and **½ tbsp sugar** (dbl for 4 ppl) and cook, stirring often, until fragrant, 2-3 min. Season with **salt** and **pepper**.



Finish and serve

Fluff **rice** with a fork. Stir **1 tbsp butter** (dbl for 4 ppl) into **beef sauce**. Divide **rice** between bowls. Top with **beef sauce**. Sprinkle **cilantro** and **green onions** over top.

Dinner Solved!



Make beef sauce

Add **garlic puree** and **mirepoix** to the pan. Cook, stirring often, until fragrant and **mirepoix** is slightly softened, 2-3 min. Add **broth concentrate** and **1 cup water** (dbl for 4 ppl). Reduce heat to medium and cook until **beef sauce** is slightly reduced 2-3 min.