



Korean BBQ-Inspired Beef Bowls with Charred Veggies

20-min

Optional Spice



Shredded Beef



BBQ Sauce



Hoisin Sauce



Green Onions



Jasmine Rice



Sweet Bell Pepper



Mini Cucumber



Rice Vinegar



Zucchini



Chili Flakes



Soy Sauce



Sesame Seeds

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

Bust out

Baking sheet, measuring spoons, aluminum foil, medium pot, large bowl, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Shredded Beef	250 g	500 g
BBQ Sauce	4 tbsp	8 tbsp
Hoisin Sauce	¼ cup	½ cup
Green Onions	2	4
Jasmine Rice	¾ cup	1 ½ cups
Sweet Bell Pepper	160 g	340 g
Mini Cucumber	66 g	132 g
Rice Vinegar	2 tbsp	4 tbsp
Zucchini	200 g	400 g
Chili Flakes 🌶️	¼ tsp	½ tsp
Soy Sauce	1 tsp	2 tsp
Sesame Seeds	1 tsp	2 tsp
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°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 rice

Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil. Once boiling, add **rice**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min. Remove the pot from heat. Set aside, still covered.



Reheat beef

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shredded beef**. Cook, stirring often, until warmed through, 4-5 min. ** Remove the pan from heat, then add **BBQ sauce, soy sauce** and **hoisin sauce**. Stir to coat.



Broil veggies

While **rice** cooks, core, then cut **peppers** into ½-inch pieces. Halve **zucchini** lengthwise, then cut into ¼-inch half-moons. Add **peppers, zucchini** and **½ tbsp oil** (dbl for 4ppl) to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Broil **veggies** in the **middle** of the oven until charred and tender, 14-16 min.



Finish and serve

Fluff **rice** with a fork and season with **salt**. Divide **rice** between plates. Top with **shredded beef, charred veggies** and **pickled veggies**. Sprinkle **sesame seeds** and **remaining green onions** over top.



Quick-pickle veggies

Meanwhile, slice **cucumber** into ¼-inch rounds. Thinly slice **green onions**. Whisk together **vinegar, 1 tbsp oil, 1 tsp sugar** (dbl both for 4 ppl) and **¼ tsp chili flakes** in a large bowl. (**NOTE:** Reference heat guide.) Add **cucumber** and **half the green onions**. Season with **salt** and **pepper**, then toss to coat. Set aside.

Dinner Solved!