



Korean Style Beef Salad

with Pickled Bok Choy Stems and Carrot

Carb Smart

30 Minutes



Ground Beef



Chili Garlic Sauce



Kale, chopped



Soy Sauce



Shanghai Bok Choy



Carrot, julienned



Sesame Seeds



White Wine Vinegar

HELLO PICKLED VEGGIES

A quick pickle adds a crisp, vinegary and salty punch!

Start here

Before starting, wash and dry all produce.

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

- Mild: 1 tsp
- Spicy: 2 tsp
- Extra-spicy: 1 tbsp

Bust Out

2 Medium bowls, measuring spoons, slotted spoon, large bowl, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Chili Garlic Sauce 🌶️	1 tbsp	2 tbsp
Kale, chopped	113 g	227 g
Soy Sauce	2 tbsp	4 tbsp
Shanghai Bok Choy	113 g	226 g
Carrot, julienned	56 g	113 g
Sesame Seeds	1 tbsp	2 tbsp
White Wine Vinegar	2 tbsp	4 tbsp
Sugar*	1 ½ tsp	3 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 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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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1



Pickle veggies

Cut the **bok choy** into ¼-inch slices, separating the **white stems** and **leafy greens**. Whisk together the **vinegar**, **1 tbsp oil** and **1 tsp sugar** (dbl both for 4 ppl) in a large bowl. Add the **white bok choy stems** and **carrots**. Stir to combine. Season with **salt** and **pepper** and set aside.

4



Make sauce

Whisk together the **soy**, **1 tsp chili garlic sauce** and **½ tsp sugar** (dbl for 4 ppl) in a medium bowl. (**NOTE:** Reference Heat Guide.)

2



Toast sesame seeds

While the **veggies** pickle, heat a large non-stick pan over medium-high heat. When hot, add the **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a small bowl.

5



Finish and serve

Add the **kale** and **bok choy greens** to the large bowl with the **pickled veggies**. Toss to combine, then divide between plates. Using a slotted spoon, top the **salad** with the **beef**, then drizzle the **soy-garlic sauce** over top. Sprinkle with the **toasted sesame seeds**.

3



Cook beef

Add **1 tsp oil** (dbl for 4 ppl), then the **beef** to the same pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ****** Season with **salt** and **pepper**. Using a slotted spoon, drain the fat from the **beef**, then transfer the **cooked beef** to a medium bowl.