



Quick Ginger Braised Beef Stir-Fry with Shanghai Bok Choy

20-min



Shredded Beef



Ginger



Beef Broth Concentrate



Soy Sauce



Honey Garlic Sauce



Jasmine Rice



Shanghai Bok Choy



Green Onions



Crispy Shallots



Sweet Bell Pepper

HELLO SHREDDED BEEF

Slow-cooked flavours in a fraction of the time!

Start here

- Before starting, add 1 ¼ cups water and ⅓ tsp salt (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Shredded Beef	250 g	500 g
Ginger	30 g	60 g
Beef Broth Concentrate	1	2
Soy Sauce	1 tbsp	2 tbsp
Honey Garlic Sauce	4 tbsp	8 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Shanghai Bok Choy	226 g	452 g
Green Onions	2	4
Crispy Shallots	28 g	56 g
Sweet Bell Pepper	160 g	320 g
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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1 Prep

Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl). Cut **bok choy** into ½-inch pieces. Core, then cut **pepper** into ½-inch pieces. Thinly slice **green onions**. Whisk together **broth concentrate, soy sauce, honey garlic sauce** and **¼ cup water** (dbl for 4 ppl) in a small bowl. Set aside. Using 2 forks, shred **beef** in a medium bowl. Set aside.



4 Cook beef

Add **beef** to the same pan. Cook, stirring occasionally, until warmed through, 3-4 min.**



2 Cook rice

Add **rice** to the **boiling water**, then 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.



5 Make sauce

Add **veggies** and **sauce** to the pan. Cook, stirring often, until **sauce** reduces slightly, 3-4 min.



3 Start stir-fry

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **ginger**. Cook, stirring often, until fragrant, 1-2 min. Add **bok choy** and **peppers**. Cook, stirring often, until tender-crisp, 2-3 min. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using 1 tbsp oil per batch.) Season with **salt** and **pepper**. Transfer **veggies** to a plate and cover to keep warm.



6 Finish and serve

Fluff **rice** with a fork, then stir in **green onions**. Divide **rice** between bowls, then top with **ginger beef stir-fry**. Sprinkle **crispy shallots** over top.

Dinner Solved!