



# Saucy Mongolian Beef

with Garlicky Vegetables

**PRONTO** 30 Minutes



Beef Strips



Jasmine Rice



Sweet Bell Pepper



Broccoli, florets



Garlic



Ginger



Hoisin-Soy  
Sauce Blend



Green Onions



Chili Pepper



Rice Vinegar



Cornstarch

## HELLO MONGOLIAN BEEF

*Beef is cooked, then coated in a rich, delicious sauce made of rice vinegar, hoisin-soy and sugar*

# Start Strong

Before starting, wash and dry all produce.

## Heat Guide for Step 5:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp
- Extra-spicy: 2 tsp

## Bust Out

Garlic Press, Grater, Large Non-Stick Pan, Measuring Cups, Measuring Spoons, Medium Pot, Paper Towels, Small Bowl, Whisk

## Ingredients

|                        | 2 Person | 4 Person |
|------------------------|----------|----------|
| Beef Strips            | 285 g    | 570 g    |
| Jasmine Rice           | ½ cup    | 1 cup    |
| Sweet Bell Pepper      | 160 g    | 320 g    |
| Broccoli, florets      | 227 g    | 454 g    |
| Garlic                 | 6 g      | 12 g     |
| Ginger                 | 30 g     | 60 g     |
| Hoisin-Soy Sauce Blend | ¼ cup    | ½ cup    |
| Green Onions           | 2        | 4        |
| Chili Pepper 🌶️        | 1        | 1        |
| Rice Vinegar           | 1 tbsp   | 2 tbsp   |
| Cornstarch             | 1 tbsp   | 2 tbsp   |
| 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 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.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## 1. PREP

Core, then cut **peppers** into ½-inch pieces. Cut **broccoli** into bite-sized pieces. Thinly slice **green onions**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Peel, then mince or grate **garlic**. Finely chop **chili**, removing seeds for less heat. (**NOTE:** We suggest using gloves when prepping chili!) Pat **beef** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**.



## 4. COOK VEGGIES & MIX SAUCE

Reduce heat to medium. Add another **1 tbsp oil** (dbl for 4 ppl), then **peppers** and **broccoli**. Cook, stirring occasionally, until tender, 4-5 min. (**TIP:** Cook in 2 batches for 4 ppl, using 1 tbsp oil for each batch!) Meanwhile, whisk together **cornstarch** and **1 cup cold water** (dbl for 4 ppl) in a small bowl. Whisk in **vinegar**, **hoisin-soy sauce** and **1 tsp sugar** (dbl for 4 ppl). Set aside.



## 2. COOK RICE

Heat a medium pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **half the green onions** and **half the ginger**. Cook, stirring often, until fragrant, 1 min. Add **rice** and **¾ cups water** (dbl for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## 5. ASSEMBLE STIR-FRY

Add **beef**, **garlic**, **remaining ginger** and **¼ tsp chili** (**NOTE:** Refer to Heat Guide in Start Strong) to the pan with **veggies**. Cook, stirring often, until fragrant, 1-2 min. Add **stir-fry sauce**. Cook, stirring often, until **sauce** is thickened and **veggies** are coated, 1-2 min.



## 3. COOK BEEF

While **rice** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **beef**. Cook, stirring occasionally, until cooked through, 4-6 min. (\*\* **TIP:** Cook in 2 batches for 4 ppl, using 1 tbsp oil for each batch!) When **beef** is done, transfer to a plate and set aside.



## 6. FINISH AND SERVE

Fluff **rice** with a fork, then season with **salt**. Divide **rice** and **stir-fry** between bowls. Spoon over any **remaining sauce** from the pan. Sprinkle over **remaining green onions**.

# Dinner Solved!