



Savoury Beef Bowls

with Garlic Rice and Green Veggies

Quick

25 Minutes



Ground Beef



Jasmine Rice



Mirepoix



Sweet Bell Pepper



Green Onion



Garlic Puree



Sweet Chili Sauce



Vegetarian Oyster Sauce

HELLO OYSTER SAUCE

A savoury sauce that adds oomph to any stir-fry!

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

| | 2 Person | 4 Person |
|-------------------------|----------|----------|
| Ground Beef | 250 g | 500 g |
| Jasmine Rice | ¾ cup | 1 ½ cups |
| Mirepoix | 113 g | 227 g |
| Sweet Bell Pepper | 160 g | 320 g |
| Green Onion | 1 | 2 |
| Garlic Puree | 1 tbsp | 2 tbsp |
| Sweet Chili Sauce | 2 tbsp | 4 tbsp |
| Vegetarian Oyster Sauce | 4 tbsp | 8 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 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.

Contact

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Cook garlic rice

- Add **1 cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until **water** runs clear.
- Add **rice** and **half the garlic puree** to the **boiling water**. Reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook beef

- Heat the same pan over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Reduce heat to medium, then add **oyster sauce mixture**. Cook, stirring often, until heated through, 1-2 min.

- Season with **pepper**, to taste.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onion**.
- Combine **oyster sauce**, **sweet chili sauce**, **remaining garlic puree** and **¼ cup water** (½ cup for 4 ppl) in a medium bowl.



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **garlic rice** between bowls. Top with **veggies**, **beef** and **fried eggs**, if using.
- Sprinkle **remaining green onions** over top.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **mirepoix**. Cook, stirring occasionally, until beginning to soften, 2-3 min.
- Add **peppers**. Cook, stirring often, until **veggies** are tender-crisp, 4-5 min.
- Remove the pan from heat, then season **veggies** with **salt** and **pepper**, to taste.
- Transfer **veggies** to a plate, then cover to keep warm.



Got eggs? (optional)

- If desired, while **beef** cooks, heat a medium non-stick pan over medium-low heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Crack in **2 eggs** (dbl for 4 ppl). Season with **salt** and **pepper**. Pan-fry covered until **egg whites** have set, 2-3 min.** (**NOTE:** The yolks will still be runny.)

Dinner Solved!