



# Savoury Beef Bowls

## with Ginger-Garlic Rice and Veggies

Spicy

20 Minutes

Customized Protein

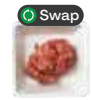
+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Turkey  
250 g | 500 g



Plant-Based Protein Shreds  
200 g | 400 g



Ground Beef  
250 g | 500 g



Jasmine Rice  
¾ cup | 1 ½ cups



Sweet Bell Pepper  
1 | 2



Snow Peas  
56 g | 113 g



Green Onion  
1 | 2



Ginger-Garlic Puree  
2 tbsp | 4 tbsp



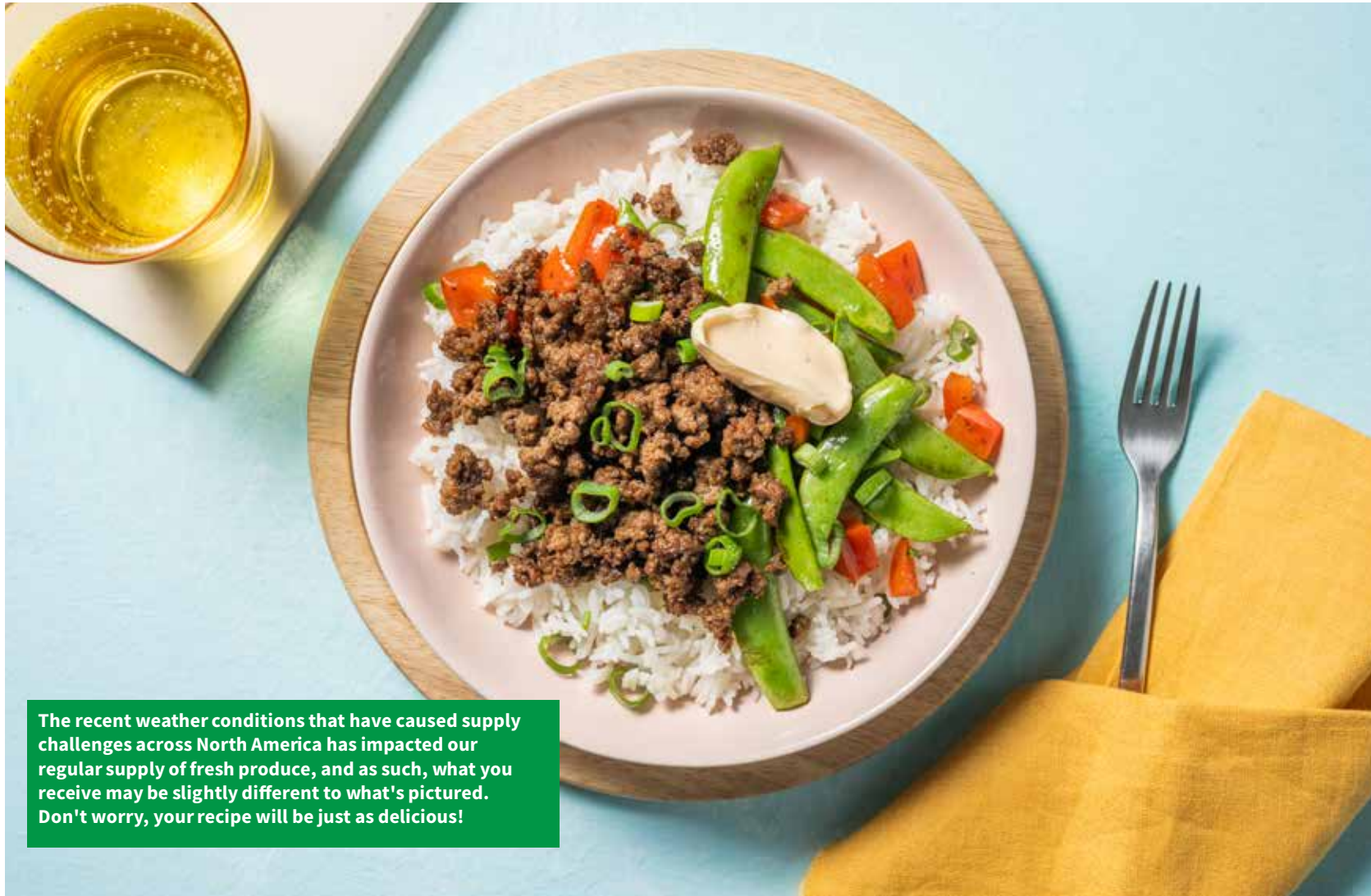
Sweet Chili Sauce  
2 tbsp | 4 tbsp



Vegetarian Oyster Sauce  
4 tbsp | 8 tbsp



Spicy Mayo  
2 tbsp | 4 tbsp



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

**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.

Pantry items | Oil, salt, pepper

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

1



## Cook rice

- Before starting, wash and dry all produce.
- Add 1 cup (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot.
- Cover and bring to a boil over high heat.
- Using a strainer, rinse **rice** until **water** runs clear.
- Once boiling, add **rice** and **half the ginger-garlic puree** to the pot. Stir to combine.
- Reduce heat to medium-low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

4



## Cook beef

🔄 Swap | **Ground Turkey**

🔄 Swap | **Protein Shreds**

- Heat the same pan over medium-high.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, 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.

\*\* Cook to a minimum internal temperature of 74°C/165°F.

2



## Prep

🔄 Sub | **Broccoli**

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Trim **snow peas**.
- Thinly slice **green onion**.
- Combine **oyster sauce**, **sweet chili sauce**, **remaining ginger-garlic puree** and ¼ **cup** (⅓ **cup**) **water** in a medium bowl.

5



## Finish and serve

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

3



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **snow peas** and **peppers**. Cook, stirring occasionally, until **veggies** are tender-crisp, 4-5 min.
- Remove from heat, then season **veggies** with **salt** and **pepper**, to taste.
- Transfer to a plate, then cover to keep warm.

6



## Got eggs? (optional)

- If desired, while **beef** cooks, heat a medium non-stick pan over medium-low heat.
- When hot, add 1 **tbsp** (2 **tbsp**) **butter**, then swirl the pan until melted.
- Crack in 2 **eggs** (4 eggs 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.)

Measurements  
within steps

1 **tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

## 2 | Prep

🔄 Sub | **Broccoli**

If you've received **broccoli**, cut into bite-sized pieces. Continue to follow the recipe as instructed, subbing **broccoli** in for **snow peas**. Then, increase pan-fry cook time to 5-6 min to ensure a tender-crisp bite.

## 4 | Cook turkey

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**\*\*.

## 4 | Cook protein shreds

🔄 Swap | **Protein Shreds**

If you've opted to get **protein shreds**, cook and plate the same way as the recipe instructs you to cook and plate the **beef**, tossing occasionally until cooked through, 6-8 min.\*\* Disregard instructions to drain excess fat.



Issue with your meal? Scan the QR code to share your feedback.