



Sesame Beef Stir-Fry


with Basmati Rice

FAMILY 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

-  Ground Beef
-  Basmati Rice
-  Sesame Oil
-  Sesame Seeds
-  Corn-Edamame Blend
-  Green Beans
-  Soy Sauce
-  Sweet Chili Sauce
-  Cornstarch
-  Green Onions
-  Garlic
-  Ginger

HELLO STIR-FRY

Maximum flavour with minimum effort!

START HERE

Before starting, wash and dry all produce.

Bust Out

Large Non-Stick Pan, Large Bowl, Medium Pot, Measuring Cups & Spoons, Microplane/Zester, Whisk

Ingredients

	4 Person
Ground Beef	500 g
Basmati Rice	1 ½ cup
Sesame Oil	1 tbsp
Sesame Seeds	1 tbsp
Corn-Edamame Blend	227 g
Green Beans	340 g
Soy Sauce	2 tbsp
Sweet Chili Sauce	4 tbsp
Cornstarch	2 tbsp
Green Onions	2
Garlic	6 g
Ginger	30 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 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.

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1. PREP

Add **2 ½ cups water** to a medium pot. Cover and bring to a boil over high heat. Meanwhile, trim **green beans**, then cut in half. Peel, then finely grate **½ tbsp ginger**. Thinly slice **green onion**. Peel, then mince **garlic**.



4. COOK VEG

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil**, then **green beans** and **corn/edamame blend**. Cook, stirring often, until tender, 4-6 min. Season with **salt** and **pepper**. Transfer **veggies** to a plate. Cover to keep warm.



2. COOK RICE

Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



5. COOK BEEF

Re-heat the large non-stick pan over medium-high heat. When hot, add **sesame oil**, **beef** and **half the sesame seeds**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Add the **sweet chili sauce mixture** and **veggies** to the pan. Cook, stirring often, until **sauce** slightly thickens, 1-2 min.



3. MAKE SAUCE

While the **rice** cooks, whisk together the **soy**, **sweet chili**, **cornstarch**, **ginger**, **garlic**, and **1 cup water** in a large bowl. Set aside.



6. FINISH AND SERVE

Fluff the **rice** with a fork and season with **salt**. Stir in **half the green onions**. Divide the **rice** between bowls and top with the **sesame beef mixture**. Sprinkle over the **remaining green onion** and **remaining sesame seeds**.

Dinner Solved!