



Teriyaki Beef Bowls

with Edamame Rice and Garlicky Broccoli

Family Friendly

30 Minutes



Ground Beef



Parboiled Rice



Teriyaki Sauce



Garlic Salt



Broccoli, florets



Edamame



Green Onions

HELLO TERIYAKI SAUCE

This sweet and savoury sauce adds a Japanese-style spin to any dish!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Parboiled Rice	¾ cup	1½ cup
Teriyaki Sauce	8 tbsp	16 tbsp
Garlic Salt	1 tsp	2 tsp
Broccoli, florets	227 g	454 g
Edamame	113 g	226 g
Green Onions	2	4
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°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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Make edamame rice

Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **edamame, rice** and **half the garlic salt**. Cook, stirring often, until toasted, 2-3 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high. Reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 15-18 min. Remove pot from heat. Set aside, still covered.



Prep

While **rice** cooks, cut **broccoli** into bite-sized pieces. Thinly slice **green onions**.



Cook broccoli

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **broccoli, remaining garlic salt** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 4-5 min. Transfer to a plate and cover to keep warm.



Cook beef

Heat the same pan over medium. When hot, add **beef** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard fat. Remove pan from heat, then stir in **teriyaki sauce**. Season with **salt** and **pepper**.



Finish and serve

Fluff **rice** with a fork, then stir in **half the green onions**. Divide **rice** between bowls. Top with **broccoli, beef** and any **sauce** from the pan. Sprinkle **remaining green onions** over top.

Dinner Solved!