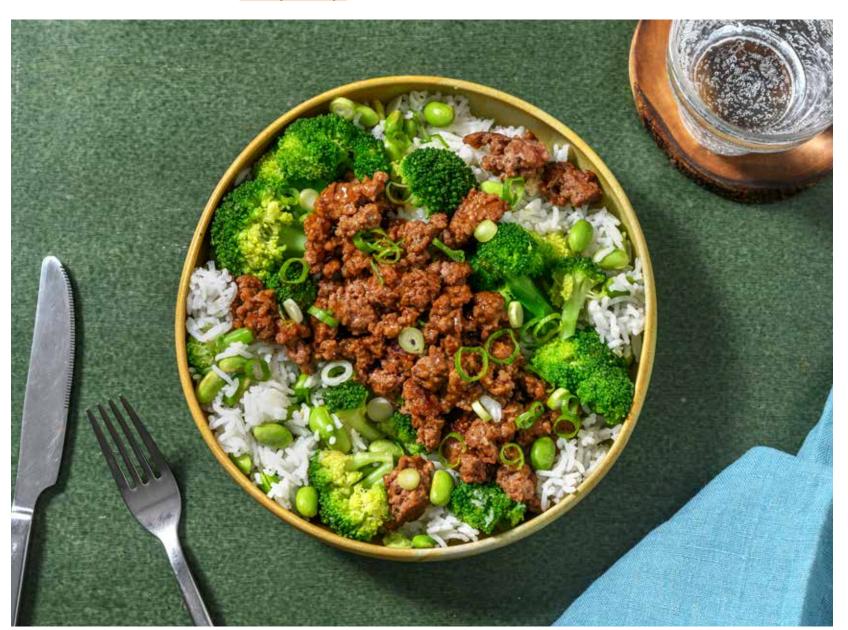


Teriyaki Beef Bowls with Edamame Rice and Garlicky Broccoli

Family Friendly

30 Minutes





Ground Beef







Teriyaki Sauce





Broccoli, florets



Edamame

Garlic Salt



Green Onions

HELLO TERIYAKI SAUCE

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

9. 0001.00		
	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

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.



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!

Contact

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^{**} Cook to a minimum internal temperature of 74°C/165°F.