



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 Onion



Brown Sugar



Gravy Spice Blend

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	1 ½ cups
Teriyaki Sauce	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Broccoli, florets	227 g	454 g
Edamame	113 g	226 g
Green Onion	2	4
Brown Sugar	1 tbsp	2 tbsp
Gravy Spice Blend	2 tbsp	4 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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1



Cook edamame rice

- Add **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice, edamame** and **half the garlic salt**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 15-18 min.
- Remove the pot from heat. Set aside, still covered.

4



Cook beef

- Reheat 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 excess fat, if desired.
- Sprinkle **Gravy Spice Blend** over **beef**. Cook, stirring to coat, 30 sec.
- Add **teriyaki sauce, brown sugar** and **½ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **sauce** thickens slightly, 1 min.
- Remove the pan from heat.
- Season with **salt** and **pepper**, to taste.

2



Prep

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Thinly slice **green onions**.

5



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.

3



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 **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.
- Transfer to a plate, then cover to keep warm.