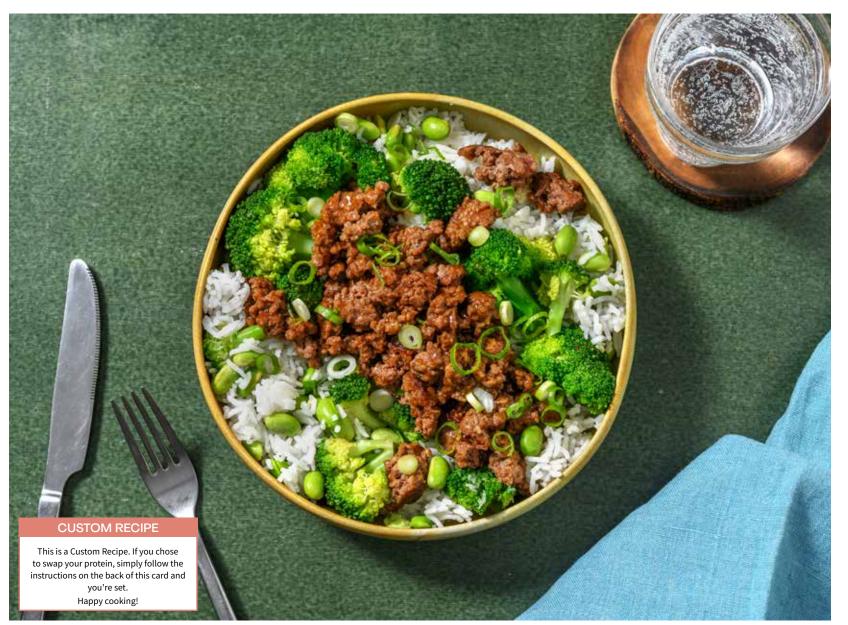


Teriyaki Beef Bowls with Edamame Rice and Garlicky Broccoli

Family Friendly 30 Minutes





Ground Beef



Teriyaki Sauce

Broccoli, florets

Green Onion



Parboiled Rice







Garlic Salt



Edamame





Blend

Soy Sauce Mirin

Start here

Before starting, wash and dry all produce.

Bust out

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

Ingredients

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	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	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
Soy Sauce Mirin Blend	4 tbsp	8 tbsp
Oil*		
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Salt and Pepper*

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.



Cook 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 1/4 cups water (dbl for 4 ppl) and bring to a boil over high heat. Once boiling, 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.



Prep

Meanwhile, 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 broccoli is tender-crisp, 4-5 min. Transfer to a plate, then 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 excess fat. Stir in teriyaki sauce and soy sauce mirin blend. Cook, stirring occasionally, until sauce thickens slightly, 1 min. Remove the pan from heat, then season with salt and pepper, to taste.

If you've opted to get turkey, add ½ tbsp oil (dbl for 4 ppl) to the pan, then **turkey**. Cook it in the same way the recipe instructs you to cook the beef. No need to drain and discard excess fat.



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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^{*} Pantry items

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