



# SESAME SOY BEEF BOWLS

with Shredded Carrots, Buttery Rice & Sriracha Mayo

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 2  
Scallions



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



1 tsp | 1 tsp  
Sriracha



1 TBSP | 2 TBSP  
Sesame Oil  
Contains: Sesame



4 oz | 8 oz  
Shredded Carrots



10 oz | 20 oz  
Ground Beef\*\*



4 TBSP | 8 TBSP  
Sweet Soy Glaze  
Contains: Sesame,  
Soy, Wheat



5 tsp | 5 tsp  
White Wine Vinegar



¾ Cup | 1½ Cups  
Jasmine Rice



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

### SESAME OIL

This rich, toasty oil adds depth and nuttiness to beef and carrots



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 990



## BEEFED UP

Carefully pouring the excess grease out of your pan in Step 3 helps prevent the sauce from becoming too heavy or slick.

## BUST OUT

- Small pot
- Large pan
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (¾ tsp | 1¼ tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

*For HelloCustom nutritional information, please refer to HelloFresh.com.*

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\*Ground Beef is fully cooked when internal temperature reaches 160°.



## 1 COOK, PREP & MIX

- Wash and dry produce.
- In a small pot, combine **rice**, **1¼ cups water** (**2¼ cups for 4 servings**), and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.
- Meanwhile, trim and thinly slice **scallions**, separating whites from greens.
- In a small bowl, combine **mayonnaise** with **Sriracha** to taste. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



## 3 COOK BEEF

- Heat a **drizzle of oil** in pan used for veggies over medium-high heat. Add **beef\*** and cook, breaking up meat into pieces, until browned, 3-5 minutes. **TIP: If there's excess grease in your pan, carefully pour it out.**
- Stir in **half the vinegar** (all for 4 servings), **remaining sesame oil**, **2½ TBSP sweet soy glaze** (5 TBSP for 4), and **½ tsp sugar** (1 tsp for 4). Bring to a simmer and cook until sauce has thickened and beef is cooked through, 2-3 minutes.
- Remove from heat. Taste and season with **salt** and **pepper** if desired.



## 2 COOK VEGGIES

- Heat **half the sesame oil** (you'll use the rest in the next step) in a large pan over medium-high heat. Add **carrots** and **scallion whites**; cook, stirring occasionally, until slightly softened, 1-2 minutes. Season with **salt**, **pepper**, and a **pinch of sugar**.
- Transfer to a second small bowl and cover to keep warm.



## 4 FINISH & SERVE

- Fluff **rice** with a fork and stir in **1 TBSP butter** (2 TBSP for 4 servings); season with **salt** and **pepper**.
- Divide rice between bowls; top with **carrot mixture** and **sesame soy beef**. Drizzle with **Sriracha mayo** and sprinkle with **scallion greens**. Serve.