



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
OR GIVE US A CALL AT (646) 846-3663.

*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.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



1¼ Cups | 2½ Cups
Brown Rice
Calories: 1020



12 oz | 24 oz
Cauliflower Rice
Calories: 750



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 980



HELLO

SESAME OIL

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

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) (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.

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



1 COOK & 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.
- 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**.

Ⓢ Swap in **brown rice** for jasmine rice; use **1¾ cups water (3½ cups for 4 servings)**. Cook until tender, 20-25 minutes. (Save **jasmine rice** for another use.)

Ⓢ Heat a **drizzle of oil** in a small pot over medium-high heat. Add **cauliflower rice (no need to drain)**, a **big pinch of salt**, and **pepper**. Cook, stirring occasionally, until tender, 6-8 minutes. (Save **jasmine rice** for another use.)



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 PREP & COOK VEGGIES

- Meanwhile, trim and thinly slice **scallions**, separating whites from greens.
- 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.

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