

INGREDIENTS

2 PERSON | 4 PERSON







8 oz | 16 oz Broccoli

2 | 4 Scallions



1 oz | 2 oz Sweet Thai Chili Sauce



Sesame

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



6 ml | 12 ml Ponzu Sauce Contains: Fish Soy Wheat



10 oz | 20 oz Ground Beef**



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.

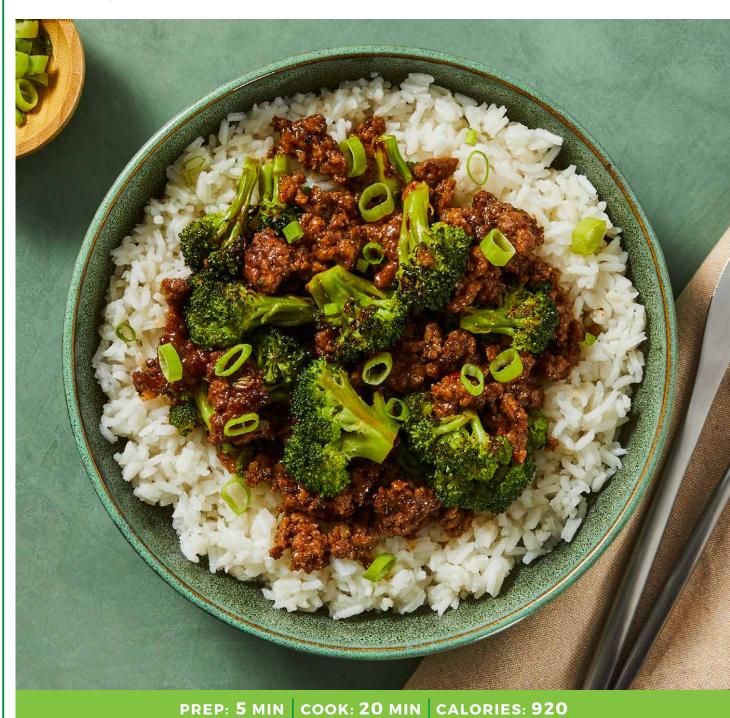
HELLO

PONZU

A citrusy, umami-packed soy sauce that's equal parts sweet, tart, and savory

SWEET CHILI BEEF & BROCCOLI

with Buttery White Rice





BEST PRESSED

In Step 4, you'll press the beef into an even layer and give it a few undisturbed minutes to develop crispy, delicious edges.

BUST OUT

- Small pot
- Large bowl
- Medium bowl
- Large pan
- Plastic wrap
- Kosher Salt
- · Black Pepper
- · Cooking Oil
- Butter 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?



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*Ground Meat is fully cooked when internal temperature reaches 160°



1 COOK RICE

- · Wash and dry produce.
- In a small pot, combine rice, 11/4 cups water (2½ 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.



2 PREP & START BROCCOLI

- Cut **broccoli** into bite-size pieces if necessary. Trim and thinly slice **scallions**, separating whites from greens.
- · Place broccoli in a medium microwave-safe bowl. Cover tightly with plastic wrap; poke a few holes in wrap. Microwave until just tender, 3-4 minutes. (You'll finish the broccoli in Step 5.)



• In a large bowl, combine chili sauce, sweet soy glaze, and ponzu.



4 COOK BEEF

- Heat a large drizzle of oil in a large pan over medium-high heat. Add scallion whites and cook, stirring occasionally, until just softened, 1 minute.
- Add beef*; season with pepper. Using a spatula, press into an even laver. Cook, undisturbed, until browned on bottom, 3 minutes.
- Continue to cook, breaking up meat into pieces, until beef is browned and cooked through, 1-3 minutes more.
- Carefully drain any excess grease from pan. Turn off heat: transfer beef to bowl with sauce. Tent with foil to keep warm. Wipe out pan.



- Heat a drizzle of oil in pan used for beef. Add **broccoli**. Cook, stirring
- occasionally, until browned, 2-3 minutes.
- Transfer broccoli to bowl with beef and sauce; toss until thoroughly coated.



- Fluff rice with a fork: stir in 1 TBSP butter (2 TBSP for 4 servings) until melted.
- Divide rice between bowls: top with beef and broccoli. Garnish with scallion greens. Serve.