



Beef and Broccoli Stir-Fry on Garlic Rice

FAMILY 25 Minutes



Ground Beef



Jasmine Rice



Broccoli, florets



Green Onions



Garlic



Onion, chopped



Hoisin-Soy
Sauce Blend



Sweet Chili Sauce



Moo Shu Spice Blend



Cornstarch



Crispy Shallots

HELLO CRISPY SHALLOTS

Fried crispy shallots pack the perfect salty punch!

START HERE

Before starting, wash and dry all produce.

Bust Out

Garlic Press, Large Pot, Medium Pot, Whisk, Medium Bowl, Measuring Cups, Measuring Spoons

Ingredients

	4 Person
Ground Beef	500 g
Jasmine Rice	1 ½ cup
Broccoli, florets	454 g
Green Onions	4
Garlic	6 g
Onion, chopped	113 g
Hoisin-Soy Sauce Blend	½ cup
Sweet Chili Sauce	¼ cup
Moo Shu Spice Blend	1 tbsp
Cornstarch	2 tbsp
Crispy Shallots	28 g
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. PREP

Cut **broccoli** into bite-sized pieces. Thinly slice **green onions**. Peel, then mince or grate **garlic**.



2. COOK GARLIC RICE

Heat a medium pot over medium heat. When hot, add **1 tbsp oil**, then **garlic** and **rice**. Cook, stirring often, until fragrant, 1-2 min. Add **2 ½ cups water** and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



3. COOK BROCCOLI

Heat a large pot medium-high heat. When hot add **1 tbsp oil** then the **broccoli** and **¼ cup water**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Remove pot from the heat then transfer **broccoli** to a plate. Cover to keep warm.



4. MAKE SAUCE

While **broccoli** cooks, whisk **hoisin-soy sauce**, **sweet chili sauce**, **cornstarch** and **1 cup water** in a medium bowl. Set aside.



5. COOK BEEF

Heat the same pot over medium-high heat. When hot, add **1 tbsp oil**, then **beef**, **onions** and **Moo Shu Spice**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Add **cornstarch mixture** to pot with **beef**. Bring to a boil over high heat then cook, stirring often, until **sauce** is slightly thickened, 2-3 min. Season with **salt** and **pepper**.



6. FINISH & SERVE

Fluff **rice** with a fork then stir in **half the green onions** and season with **salt**. Divide **rice** between bowls. Top with **broccoli**, **beef** and **sauce** from the pot. Sprinkle with **crispy shallots** and **remaining green onions**.

Dinner Solved!