



# SWEET CHILI BEEF & GREEN BEAN BOWLS

with Jasmine Rice, Crispy Onions & Cilantro

## INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups  
Jasmine Rice



6 oz | 12 oz  
Green Beans



1 | 1  
Lime



¼ oz | ¼ oz  
Cilantro



10 oz | 20 oz  
Ground Beef



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



1 oz | 2 oz  
Sweet Thai  
Chili Sauce  
Contains: Soy



1 | 2  
Crispy Fried  
Onions  
Contains: Wheat



## HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the **HelloCustom** instructions on the flip side of this card to learn how to modify your meal.



12 oz | 24 oz  
Cauliflower Rice

Calories: 780



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 950



# HELLO FRESH

## HELLO

### SWEET THAI CHILI SAUCE

Bringing spicy, sweet, and umami flavor to juicy ground beef

### SO IM-PRESSED

In step 3, we ask you to press the beef into an even layer before breaking it up. Why? Giving the meat a few undisturbed minutes in the hot pan (sans stirring) will help it to brown and develop crispy, almost caramelized edges.

### BUST OUT

- Small pot
- Large pan
- Medium bowl
- Plastic wrap
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (½ tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)  
Contains: Milk
- Medium bowl
- Butter (1 TBSP | 2 TBSP)   
Contains: Milk

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



### 1 COOK RICE

- In a small pot, combine **rice**, **1½ 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.

- Place **cauliflower rice** and **1 TBSP butter (2 TBSP for 4 servings)** in a medium microwave-safe bowl (**use a large bowl for 4**). Season with **salt** and **pepper**. Cover bowl tightly with plastic wrap and poke a few holes in wrap. Microwave until tender, 5 minutes. Set aside. (**Save jasmine rice for another use.**)



### 4 COOK GREEN BEANS

- While beef cooks, in a medium microwave-safe bowl, add **green beans** and a **splash of water**; cover bowl with plastic wrap. Microwave until tender, 1-2 minutes. **TIP: No microwave? No problem! Steam beans in a small pot with a splash of water until just tender, 5-7 minutes.**
- Carefully drain any excess water.



### 2 PREP

- Meanwhile, **wash and dry produce**.
- Trim **green beans** if necessary; cut crosswise into 2-inch-long pieces. Quarter **lime**. Pick **cilantro leaves** from stems; roughly chop leaves.



### 5 FINISH STIR-FRY

- To pan with **beef**, stir in cooked **green beans**, **chili sauce**, **2½ TBSP sweet soy glaze (be sure to measure)**, **½ tsp sugar**, and **1 TBSP butter**. (**For 4 servings, use 5 TBSP sweet soy glaze, 1 tsp sugar, and 2 TBSP butter.**) Cook, stirring, until beef mixture is thoroughly coated, 1-2 minutes.
- Remove from heat and stir in a **squeeze of lime juice** to taste.



### 3 COOK BEEF

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **beef\***; season with **salt** and **pepper**. Using a spatula, press into an even layer. Cook, undisturbed, until browned on bottom, 3-4 minutes.
- Break up meat into pieces and continue cooking until beef is cooked through, 2-4 minutes more. **TIP: If there's excess grease in your pan, carefully pour it out.**



### 6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)**. Season with **salt** and **pepper**.
- Divide rice between bowls and top with **stir-fry**. Sprinkle with **crispy fried onions** and **chopped cilantro**. Serve with any **remaining lime wedges** on the side.

WK 17-15