



Sweet Chili Beef & Edamame Bowls

with Jasmine Rice, Crispy Fried Onions & Cilantro

Super High Protein 20-25 Minutes · Calories: 1130 · Protein: 52 g



Ingredients



Sweet Thai
Chili Sauce



Sweet Soy
Glaze



Edamame



Cilantro



Crispy Fried
Onions



Jasmine Rice



Lime



Ground Beef

Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.



Hello

Crispy Fried Onions

Just sprinkle them on your rice bowl to unleash their savory, crunchy powers!

Before you start

More Bite for Your Buck

This recipe has extra protein! For 2, 4, or 6 servings make sure you're grabbing the 15-oz portions of beef from your box. For 3 servings, grab one 15-oz and one 10-oz pack.

Cooking tools

small pot, large pan

Pantry ingredients

kosher salt, black pepper, sugar, butter, cooking oil

Nutrition

Nutrients	per serving
Calories:	1130
Total Fat:	57g
Saturated Fat:	23g
Sodium:	1040mg
Total Carbohydrate:	95g
Dietary Fiber:	4g
Added Sugars:	19g
Protein:	52g

Allergens

sweet soy glaze (contains: sesame, soy, wheat), edamame (contains: soy), crispy fried onions (contains: wheat), butter (contains: milk)

Cook for YOUR Crowd

Our recipes are customizable!

Double Protein/Veggies? Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

Making 3 Servings? Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

Making 6 Servings? Just triple the 2-serving recipe—easy!

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



1 Cook Rice

- 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.



2 Prep

- Meanwhile, **wash and dry produce**.
- Quarter **lime**. Roughly chop **cilantro**.



3 Cook Beef

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **beef***; season with **salt** and **pepper**. (**TIP: Not sure how much beef to use? Reference the “Before you start” section at left for guidance!**) Using a spatula, press into an even layer. Cook, undisturbed, until browned on bottom, 3-4 minutes.
- Break up meat into pieces and continue to cook until beef is cooked through, 2-4 minutes more. **TIP: If there's excess grease in your pan, carefully pour it out.**



4 Finish Stir-Fry

- To pan with **beef**, stir in **edamame**, **chili sauce**, **sweet soy glaze**, **¼ cup water**, **1 TBSP butter**, and **½ tsp sugar (⅓ cup water, 2 TBSP butter, and 1 tsp sugar, for 4)**. Cook, stirring, until beef mixture is thoroughly coated, 1-2 minutes. (**If stir-fry seems dry, stir in splashes of water until desired consistency is reached.**)
- Remove from heat; stir in a **squeeze of lime juice** to taste.



5 Finish & Serve

- Fluff **rice** with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)** until melted. Season with **salt** and **pepper**.



6 Serve

- Divide **rice** between bowls; top with **stir-fry**. Sprinkle with **crispy fried onions** and **cilantro**. Serve with any **remaining lime wedges** on the side.

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



Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to hellofresh.com/about/faq for safe cooking guidelines.

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