



Beef Luau Bowls with Mango Salsa

Quick

30 Minutes



Ground Beef



Mango, chopped



Garlic Puree



Jasmine Rice



Poblano Pepper



Red Onion



Teriyaki Sauce



Lime



Sour Cream



Cilantro



Roma Tomato

HELLO TERIYAKI

This sweet and savoury sauce from Japan adds depth and complexity to the beef.

Start here

Before starting, wash and dry all produce.

Bust Out

Medium bowl, microplane/zester, measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mango, chopped	85 g	170 g
Garlic Puree	1 tbsp	2 tbsp
Jasmine Rice	¾ cup	1 ½ cup
Poblano Pepper	160 g	320 g
Red Onion	50 g	100 g
Teriyaki Sauce	4 tbsp	8 tbsp
Lime	1	2
Sour Cream	6 tbsp	12 tbsp
Cilantro	7 g	14 g
Roma Tomato	80 g	160 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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Prep

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. While **water** comes to a boil, cut **mango** into ¼-inch pieces. Core, then cut **poblano** into ¼-inch pieces. Cut **tomato** into ¼-inch pieces. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Peel, then mince **½ cup onion** (dbl for 4 ppl).



Cook beef and poblanos

Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tsp oil** (dbl for 4 ppl), then **beef** and **poblanos**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**



Cook rice

Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Finish beef

Add the **teriyaki sauce** and **remaining garlic puree** to the pan with the **beef**. Cook, stirring often, until **beef** is coated, 1-2 min.



Make salsa and crema

While **rice** cooks, combine **mango, tomatoes, onions** and **half the lime juice** in a medium bowl. Season with **salt** and **pepper**. Stir together **sour cream, half the lime zest, remaining lime juice** and **¼ tsp garlic puree** (dbl for 4 ppl) in a small bowl. Season with **salt** and **pepper**.



Finish and serve

Fluff **rice** with a fork, then season with **salt** and stir in **remaining lime zest**. Divide the **rice** between plates. Top with **teriyaki beef** and **mango salsa**. Dollop with **lime crema** and tear the **cilantro** over top.

Dinner Solved!