



Caldereta-Style Ground Beef

with Peppers, Peas and Rice

Family Friendly

Optional Spice

Quick

25 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Ground Beef



Ground Turkey



Jasmine Rice



Crushed Tomatoes with Garlic and Onion



Garlic Puree



Green Peas



Carrot, chopped



Sweet Bell Pepper



Soy Sauce



Green Onions



Chili Flakes



Garlic Salt



Vegetable Broth Concentrate

HELLO CALDERETA

A traditional Filipino pot used to braise meats and stews!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Garlic Puree	1 tbsp	2 tbsp
Green Peas	56 g	113 g
Carrot, chopped	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Soy Sauce	1 tbsp	2 tbsp
Green Onions	2	4
Chili Flakes	1 tsp	2 tsp
Garlic Salt	1 tsp	2 tsp
Vegetable Broth Concentrate	1	2
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Cook rice

Thinly slice **green onion whites**. (NOTE: Keep the greens for use in step 5.) Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **green onion whites, half the garlic puree and rice**. Cook, stirring often, until **garlic** is fragrant 1-2 min. Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Make sauce

Add **soy sauce** and **remaining garlic puree** to the pot with **beef**. Cook, stirring constantly, until **sauce** is fragrant and slightly reduced, 1 min. Add **broth concentrate, crushed tomatoes, peas, ¼ tsp sugar** and **½ cup water** (dbl both for 4 ppl). Bring to a boil over high. Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **sauce** thickens slightly and **veggies** are tender, 4-5 min. Season with **salt and pepper**.



Cook beef

While **rice** cooks, heat a large pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ** Carefully drain and discard excess fat. Season **beef** with **garlic salt** and **pepper**.

 **CUSTOM RECIPE**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**.



Finish and serve

While **caldereta** simmers, thinly slice **remaining green onions**. Fluff **rice** with a fork. Divide **rice** between bowls. Top with **beef caldereta**, then sprinkle with **remaining green onions**. Sprinkle **chili flakes** over top, if desired.

Dinner Solved!