



AUG  
2016

## Korean-Style Beef Stir Fry

with Broccolini, Brown Rice, and Sesame

Stir-fries are an unbeatable weeknight dinner – simple, fast, and delicious. This beef is marinated with intensely aromatic ingredients for incredible results. If you have time, let it marinate in the fridge for up to an hour to marry the flavours!



Prep  
30 min



level 1



dairy  
free



Ground Beef



Hoisin Sauce



Soy Sauce



Green Onions



Sesame Seeds



Garlic



Ginger



Brown Rice



Broccolini

## Ingredients

	2 People	4 People
Ground Beef	1 pkg (250 g)	2 pkg (500 g)
Hoisin Sauce	1) 2) 3) 1 pkg (1 tbsp)	2 pkg (2 tbsp)
Soy Sauce	1) 2) 1 bottle (2 tbsp)	2 bottles (4 tbsp)
Green Onions	2	4
Sesame Seeds, toasted	3) 1 pkg (1 tbsp)	2 pkg (2 tbsp)
Garlic	2 cloves	4 cloves
Ginger	1 knob	2 knob
Long-Grain Brown Rice	1 pkg (¾ cup)	2 pkg (1½ cups)
Broccolini	1 pkg (170 g)	2 pkg (340 g)
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Sesame/Sésame

## Tools

Measuring Cups, Medium Pot, Measuring Spoons, Large Pan, Large Bowl

Ruler

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**Nutrition per person** Calories: 675 cal | Fat: 24 g | Sat. Fat: 7 g | Protein: 45 g | Carbs: 71 g | Sugar: 7 g | Sodium: 709 mg | Fiber: 7 g

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Cook the rice:** Rinse the **brown rice** with cold water. Combine with **1¾ cups water** (double for 4 people) and a pinch of **salt** in a medium pot over high heat. Bring to a boil, then reduce heat to medium-low. Cover and simmer until **brown rice** is al dente and water has been absorbed, 25-30 min.



**2 Prep:** Meanwhile, **wash and dry all produce**. Mince or grate the **garlic**. Peel, then mince or grate **1 tbsp ginger** (double for 4 people.) Thinly slice the **green onions**, keeping the whites and greens separate. Trim the ends off the **broccolini**, then cut them in half.



**3 Cook the broccolini:** Heat a large pan over medium heat. Add a drizzle of **oil**, then the **broccolini**. Cook, stirring occasionally, until crisp-tender, 4-6 min. Add **half the garlic** and **half the ginger** to the **broccolini** and cook until fragrant, about 1 min. Transfer **broccolini** to a plate.

**4** In a large bowl, combine the **ground beef** with the **soy sauce**, **hoisin**, **green onion whites**, **half the garlic** and **half the ginger**. Thoroughly mix with your hands.

**5 Cook the beef:** Heat the same pan over medium-high heat. Once hot, add the **ground beef**. Cook, breaking up the meat into pieces with a spatula, until no longer pink, 4-5 min.

**6 Finish and serve:** Fluff the **rice** with a fork. Serve the **broccolini** and **beef** on a bed of **rice**, sprinkled with **green onions** and **sesame seeds**. Enjoy!

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