



Savoury Beef Bowls

with Garlic Rice and Veggies

Spicy

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



Aromatics Blend



Sweet Bell Pepper



Green Onion



Garlic Puree



Sweet Chili Sauce



Vegetarian Oyster Sauce



Spicy Mayo

HELLO VEGETARIAN OYSTER SAUCE

A savoury sauce that adds oomph to any stir-fry!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Medium bowl, measuring spoons, strainer, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Aromatics Blend	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Green Onion	1	2
Garlic Puree	1 tbsp	2 tbsp
Sweet Chili Sauce 🌶️	2 tbsp	4 tbsp
Vegetarian Oyster Sauce	4 tbsp	8 tbsp
Spicy Mayo 🌶️	2 tbsp	4 tbsp
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.

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Cook garlic rice

- Add **1 cup** (2 cups) **water** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until **water** runs clear.
- Once boiling, add **rice** and **half the garlic puree** to the pot. Reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook beef

- Heat the same pan over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Reduce heat to medium, then add **oyster sauce mixture**. Cook, stirring often, until heated through, 1-2 min.
- Season with **pepper**, to taste.

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



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onion**.
- Combine **oyster sauce**, **sweet chili sauce**, **remaining garlic puree** and **¼ cup** (⅓ cup) **water** in a medium bowl.



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **garlic rice** between bowls. Top with **veggies**, **beef** and **fried eggs**, if using.
- Top with **spicy mayo** and **remaining green onions**.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **aromatics blend** and **peppers**. Cook, stirring occasionally, until **veggies** are tender-crisp, 4-5 min.
- Remove the pan from heat, then season **veggies** with **salt** and **pepper**, to taste.
- Transfer **veggies** to a plate, then cover to keep warm.



Got eggs? (optional)

- If desired, while **beef** cooks, heat a medium non-stick pan over medium-low heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Crack in **2 eggs** (4 eggs for 4 ppl). Season with **salt** and **pepper**. Pan-fry covered until **egg whites** have set, 2-3 min.** (**NOTE:** The yolks will still be runny.)
- Top **beef bowls** with a **fried egg** before serving.

Dinner Solved!