



SESAME HONEY BEEF STIR-FRY

with Carrot Ribbons and Jasmine Rice



HELLO
STIR-FRY SAUCE
Sweet and savory flavor from a trusty
combo of honey, soy sauce, and sesame oil

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 690**



Carrots



Scallions



Jasmine Rice



Soy Sauce
(Contains: Soy)



Sesame Oil



Sesame Seeds



Garlic



Lime



Ground Beef



Sriracha



Honey

START STRONG


If you and your family prefer lots of flavor but without any spicy heat, leave out the sriracha in step 2. Not everyone likes it hot, and that's absolutely OK.

BUST OUT

- Small pot
- Peeler
- Small bowl
- Large pan
- Vegetable oil (2 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|--|----------|
| • Carrots | 4 |
| • Scallions | 4 |
| • Garlic | 4 Cloves |
| • Lime | 1 |
| • Jasmine Rice | 1 Cup |
| • Sesame Oil | 2 TBSP |
| • Soy Sauce | 6 TBSP |
| • Honey | 2 oz |
| • Sriracha  | 4 tsp |
| • Ground Beef | 20 oz |
| • Sesame Seeds | 1 TBSP |

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Wash and dry all produce. Bring **1 3/4 cups water** and a large pinch of **salt** to a boil in a small pot. Peel **carrots**. Using your vegetable peeler, shave carrots lengthwise into thin ribbons. Trim, then thinly slice **scallions**, keeping greens and whites separate. Mince **garlic**. Halve **lime**; cut one half into four wedges.



4 COOK BEEF

Heat another drizzle of **oil** in pan used for carrots over medium-high heat. Add **garlic** and **scallion whites**. Cook until fragrant, about 30 seconds. Add **beef**, breaking up meat into pieces. Cook until no longer pink, about 4 minutes. Increase heat to high and cook, stirring only once or twice, until brown and crispy in spots, about 3 minutes. Season with **salt** and **pepper**.



2 COOK RICE

Once water is boiling, add **rice** to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, about 15 minutes. Keep covered off heat until meal is ready. Meanwhile, in a small bowl, combine **1 TBSP sesame oil**, **2 TBSP soy sauce**, **2 TBSP honey**, and **sriracha** to taste (we'll use the rest of the sesame oil, soy sauce, and honey later).



5 FINISH STIR-FRY

Add **carrots** to pan with **beef**, along with remaining **soy sauce** and **honey**. Toss to combine. Remove pan from heat and stir in remaining **sesame oil**. Add a squeeze or two of **lime**. Season with **salt** and **pepper**, if needed (it may already be salty enough).



3 COOK CARROTS

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **carrots** and cook, tossing, until tender, 4-5 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.



6 SERVE

Divide **rice** and **stir-fry** between bowls. Sprinkle with **sesame seeds** and **scallion greens**. Drizzle with **sriracha mixture**. (**TIP:** You can skip this for the kids, especially if they're not fans of spice.) Serve with **lime wedges** on the side for squeezing over.

FRESH TALK

What is the funniest thing that happened to you this week?

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