

GREEN CHEF

HOISIN BEEF BOWLS

sesame rice, roasted mushrooms & bell pepper, toasted peanuts

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
860

MENU
GLUTEN-FREE

There's a scientific reason why you won't be able to put down your fork tonight: These beefy bowls are brimming with umami-rich ingredients like mushrooms, peanuts, and hoisin sauce, all of which are packed with the ultra-savory "fifth taste." Ground beef is sautéed with scallion, then coated with hoisin. The saucy mixture gets piled over black-sesame-studded jasmine rice along with roasted bell pepper and creminis, plus more crackly sesame seeds and toasted peanuts. Science aside, once you take a bite, it's easy to understand why this meal-in-a-bowl is so delicious.

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Validated Gluten Free Safe Spot Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (10 ITEMS)

½ cup	**Jasmine rice**
4 oz	**Cremini mushrooms**
1 unit	**Red bell pepper**
1 whole	**Scallion**
½ oz	**Roasted peanuts** (P)
10 oz	**Ground beef***
1 whole	**Mushroom stock concentrate**
1¾ oz	**Gluten-free hoisin sauce** (S)
1 tsp	**Black sesame seeds**
¾ oz	**Sriracha sauce**

WHAT YOU'LL NEED

small pot with lid
large sauté pan
baking sheet
medium bowl
measuring cup & spoons
oven mitt
cooking oil
1 tbsp butter (M)
salt & pepper

ALLERGENS

(P) PEANUTS
(S) SOY
(M) MILK

*Ground beef is fully cooked when it's no longer pink.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

HOISIN BEEF BOWLS

1 COOK RICE

- Preheat oven to 425 degrees.
- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat and add 1 tablespoon butter. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the rice in Step 6.)

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

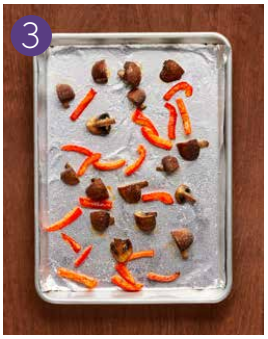


2 PREP

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter **mushrooms**, depending on size.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Thinly slice **scallion**; discard root end.

**The ingredient you received may be a different color.*





3 ROAST MUSHROOMS & BELL PEPPER

- Place **mushrooms** and **bell pepper** in a medium bowl. Drizzle with about 2 tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **mushrooms and bell pepper** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until tender, stirring halfway through.



4 TOAST NUTS

- Place **roasted peanuts** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **peanuts** to a cutting board and allow to cool. Roughly chop.





5 COOK BEEF

- Heat about 1½ tablespoons cooking oil in pan used for peanuts over medium-high heat. Add **ground beef**, **mushroom stock concentrate**, and about half of the **scallion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until beef is fully cooked, breaking up **beef** into pieces.
- Add **gluten-free hoisin sauce**. Stir to combine.

6 FINISH RICE

- Add about half of the **black sesame seeds** to pot with rice. Stir to combine. Season with salt and pepper to taste.



7 PLATE YOUR DISH

- Divide **sesame rice** between bowls. Top with **hoisin beef**. Pile **roasted mushrooms and bell pepper** on top of beef. Drizzle with **Sriracha sauce** to taste (or omit). Garnish with **toasted peanuts**, remaining **scallion**, and remaining **black sesame seeds**. Enjoy!

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Nutrition Facts

2 Servings per container

Serving size **(358g)**

Amount per serving

Calories 860

	% Daily Value*
Total Fat 55g	71%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1620mg	70%
Total Carbohydrate 56g	20%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 4mg	20%
Potassium 440mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:
Ground Beef [beef], **Gluten-Free Hoisin Sauce** [water, organic tamari (water, organic soybeans, salt, organic alcohol), organic apple cider vinegar, organic cane sugar, organic molasses, organic red miso, orange juice concentrate, organic tapioca starch, organic sesame oil, organic jalapeño, organic ginger, organic garlic powder, organic tamarind puree, xanthan gum, organic cinnamon, organic anise, organic black pepper, organic fennel, organic cloves], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Cremini Mushrooms**, **Bell Peppers**, **Jasmine Rice** [jasmine rice], **Black Sesame Seeds** [black sesame seeds], **Scallions**, **Peanuts** [peanuts, canola and/or peanut oil], **Sriracha Sauce** [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum]

Allergen information:
Contains Peanuts And Soy

Allergens may be reflected in pantry items listed in the "What You'll Need" section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.