



SRIRACHA TAMARI BEEF BOWLS

rice, broccoli, cabbage, carrots, peanuts, sesame seeds

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
680

MENU
GLUTEN-FREE // FAST & FIT

If you're a big fan of contrasting textures and exciting flavors, you won't want to miss out on these bowls. On a bed of fluffy jasmine rice, you'll find tender beef glazed with a Sriracha tamari sauce that's a little sweet, a little spicy, and very savory. Then there are all the vegetables: sautéed broccoli, cabbage, and carrots. Roasted peanuts plus black and white sesame seeds are sprinkled on top for even more impact. Can you hear that crunch?

INGREDIENTS (10 ITEMS)

- ½ cup **Jasmine rice**
- 6 oz **Broccoli**
- 3½ oz **Cabbage**
& 1¼ oz **carrots**
- ½ oz **Roasted peanuts** ^P
- ¾ oz **Sriracha sauce**
- 1¼ oz **Gluten-free tamari sauce** ^S
- ¾ oz **Agave**
- 10 oz **Ground beef***
- ¼ tsp **Granulated garlic**
- 1 tsp **Black & white sesame seeds**

WHAT YOU'LL NEED

- small pot with lid
- medium & large sauté pans
- small bowl
- measuring cup & spoons
- whisk
- thermometer
- cooking oil
- salt & pepper

ALLERGENS

- ^P PEANUTS
- ^S SOY



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



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.

*Ground beef is fully cooked when internal temperature reaches 160 degrees.

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.

1 COOK RICE

- Bring **jasmine rice**, 1 cup water, and 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. Let rest, covered, 3 minutes. Fluff with a fork.

4 COOKING FOR

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

- Cut **broccoli** into bite-size pieces if necessary.
 - Roughly chop **cabbage* and carrots** if necessary.
 - Roughly chop **roasted peanuts**.
- *The ingredient you received may be a different color.*

3 MAKE SAUCE

- Place **Sriracha sauce***, **gluten-free tamari sauce**, **agave**, and 2 tablespoons water in a small bowl. Whisk to combine.
- *If heat sensitive, use Sriracha sauce sparingly.*

4 COOK BEEF

- Heat 1 teaspoon cooking oil in a medium sauté pan over medium-high heat. Add **ground beef** to hot pan. Season with salt and pepper. Cook 4-5 minutes, or until fully cooked, breaking up **beef** into pieces.
- Add **Sriracha tamari sauce**. Lightly season with salt and pepper. Cook 1-2 minutes, or until sauce has slightly reduced and evenly coats beef, stirring occasionally. Remove from heat.

5 COOK VEGGIES

- Heat 1 teaspoon cooking oil in a large sauté pan over medium heat. Add **broccoli**, **cabbage and carrots**, and about 1 tablespoon water to hot pan. Season with **granulated garlic**, ¼ teaspoon salt, and a pinch of pepper. Stir to combine. Cook 3-5 minutes, or until broccoli is crisp-tender, stirring occasionally.

6 PLATE YOUR DISH

- Divide **rice** between bowls. Top with **broccoli, cabbage, and carrots**. Serve **Sriracha tamari beef** over top. Garnish with **peanuts and black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (407g)

Amount per serving

Calories **680**

	% Daily Value*
Total Fat 31g	40%
Saturated Fat 9g	45%
Trans Fat 1g	
Cholesterol 95g	32%
Sodium 1580mg	69%
Total Carbohydrate 66g	24%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 9g Added Sugars	18%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 123mg	10%
Iron 4mg	20%
Potassium 1034mg	20%

* 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], **Broccoli**, **Green Cabbage**, **Red Cabbage**, **Carrots**, **Gluten-Free Tamari Sauce** [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], **Sriracha Sauce** [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum], **Agave** [organic agave syrup], **Jasmine Rice** [jasmine rice], **Peanuts** [peanuts, canola and/or peanut oil], **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Granulated Garlic**

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.