



Japanese-Style Quinoa Bowl

with Beef & Togarashi



30-40min



2 Servings

A rice bowl is the ideal well-balanced meal made of grains, veggies, and protein all in one. For this Japanese-style bowl, we add quinoa with beef and togarashi (a mixed spice of sesame seeds, ginger and red pepper), along with fresh carrots and snap peas for the perfect combination of not only ingredients, but flavors and textures.

What we send

- 3 oz white quinoa
- garlic
- 1 piece fresh ginger
- 2 scallions
- 4 oz snap peas
- 3 oz carrots
- 10 oz pkg grass-fed ground beef
- 2 (1.8 oz) yakiniku ^{1,2,3}
- ¼ oz shichimi togarashi ¹

What you need

- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)
- sugar
- neutral oil

Tools

- small saucepan
- medium nonstick skillet

Allergens

Sesame (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 41g, Carbs 57g, Protein 37g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Keep covered off heat until ready to serve.



4. Cook beef

Heat **2 tablespoons oil** in same skillet over medium-high. Add **beef** and **a pinch each of salt and pepper**; cook, breaking meat up into smaller pieces, until browned, 6-8 minutes. Reduce heat to medium, then add **scallion whites and light greens** and **1 yakiniku packet**; stir to coat beef. Simmer until sauce is thickened and beef is caramelized and cooked through, about 2 minutes.



2. Prep ingredients

Finely chop **2 teaspoons each of garlic and peeled ginger**. Trim **scallions**, then thinly slice, keeping dark greens separate. Cut **snap peas** in half lengthwise. Scrub and trim **carrot**, then cut in half lengthwise and thinly slice into half moons. In a small bowl, stir to combine **1 tablespoon vinegar** and **½ teaspoon sugar**; reserve mixture until step 5.



5. Season quinoa

Fluff **quinoa** with a fork. Add **reserved vinegar-sugar mixture**, and gently stir to combine.



3. Cook veggies

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **carrots** and **snap peas**; cook, stirring occasionally, until veggies are softened, 3-5 minutes. Add **chopped garlic and ginger**, and **a pinch each of salt and pepper**. Cook until fragrant, about 30 seconds. Transfer veggies to a medium bowl. Cover to keep warm until ready to serve.



6. Assemble bowls & serve

Spoon **quinoa** into bowls, then top with **beef** and **veggies**. Drizzle **remaining yakiniku packet** over top. Garnish with **scallion dark greens**. Sprinkle with **some of the shichimi togarashi** (taste it first, it's spicy). Enjoy!