





ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



Shrimp

G Calories: 950



10 oz 20 oz 😔 Diced Chicken Thighs

Contains: Shellfish G Calories: 1020

KOREAN-STYLE KALE & CARROT BIBIMBAP

with Fried Eggs, Gochujang Mayo & Crispy Fried Onions



PREP: 5 MIN COOK: 35 MIN CALORIES: 830

26

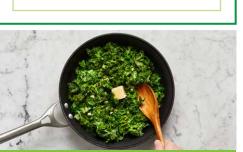


BUST OUT

- Peeler Large pan
- Baking sheet Small bowl
- Small pot Paper towels
- Kosher salt
- Black pepper • Cooking oil (4 tsp | 4 tsp)
- (1 tsp | 1 tsp) 😏 😏
- Sugar (½ tsp | ¼ tsp)
- Butter (1 TBSP | 2 TBSP) Contains: Milk

MORE IS MORE

If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.



4 COOK KALE

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- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add scallion whites and garlic; cook, stirring, until fragrant, 30 seconds.
- Stir in kale, half the soy sauce (save the rest for serving), and 34 cup water (11/2 cups water for 4 servings). Cover and cook, stirring occasionally, until most of the liquid has evaporated and kale is wilted and tender. 6-8 minutes.
- Stir in **1 TBSP butter** and **¼ tsp sesame oil** (2 TBSP butter and ½ tsp sesame oil for 4). Season with salt and pepper to taste. Turn off heat: transfer to a bowl. Wash out pan.
- Use pan used for shrimp or chicken here. B



1 ROAST CARROTS

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce.
- Peel, trim, and cut **carrots** on a diagonal into 1/2-inch-thick pieces.
- Toss carrots on a baking sheet with a large drizzle of oil, salt, and pepper.
- Roast on top rack until tender. 20-25 minutes



2 COOK RICE

- Meanwhile, in a small pot (medium pot for 4 servings), combine rice, 1¼ cups water (2¼ cups for 4), and a pinch of salt. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender 15-18 minutes
- Keep covered off heat until ready to serve.



3 FINISH PREP

- While rice cooks, trim and thinly slice scallions, separating whites from greens. Peel and mince or grate garlic. Remove and discard any large stems from kale; chop into bite-size pieces.
- Rinse **shrimp**^{*} under cold water, then pat Ø dry with paper towels, or open package of G chicken* and drain off any excess liquid. Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add shrimp or chicken in a single layer; season with salt and pepper. Cook, stirring occasionally, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



7 FINISH & SERVE

- Fluff rice with a fork. Stir in half the sesame seeds (all for 4 servings).
- Divide rice between bowls: top with kale. roasted carrots, and fried eggs in separate sections. Drizzle gochujang mayo over kale and carrots and sprinkle with crispy fried onions. Garnish everything with scallion greens. Serve with remaining sov sauce on the side. (This dish is meant to be mixed in the bowl before being enjoyed!)
- Top rice with shrimp or chicken along Ø with kale, roasted carrots, and fried eggs. Ø

*Wash hands and surfaces after handling raw eggs. Consuming raw or undercooked eggs may increase your risk of foodborne illness **WK 21-26**

- 🔄 *Shrimp are fully cooked when internal temperature reaches 145°.
- Chicken is fully cooked when internal temperature reaches 165°

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5 MAKE GOCHUJANG MAYO

- While kale cooks, mix mayonnaise, gochujang, and 1/8 tsp sugar (1/4 tsp for 4 servings) in a small bowl. Add water 1 tsp at a time until mixture reaches a drizzling consistency.
- Taste and season with salt and pepper if desired



6 FRY EGGS

• Heat a drizzle of oil in pan used for kale over medium heat. Once hot. crack equs* into pan and cover. Fry eggs to preference. Season with salt and pepper.

