



# KOREAN BEEF BIBIMBAP

with Zucchini, Mushrooms, and Carrots



## HELLO BIBIMBAP

A Korean rice bowl with meat and veggies—a squeeze of spicy sauce makes it complete.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 840**

- |   |   |   |   |  |   |
|---|---|---|---|--|---|
| <br>Jasmine Rice | <br>Button Mushrooms | <br>Garlic | <br>Carrots                      | <br>Ground Beef           | <br>Sesame Oil |
| <br>Zucchini     | <br>Scallions        | <br>Ginger | <br>Soy Sauce<br>(Contains: Soy) | <br>White Wine<br>Vinegar | <br>Sriracha   |

## START STRONG

Master multitasker? Heat up a second pan in steps 4 and 5 to cook multiple ingredients at the same time and shave off a few minutes.

## BUST OUT

- Small pot
- Peeler
- 2 Small bowls
- Large pan
- Sugar (1½ TBSP | 3 TBSP)
- Vegetable oil (4 tsp | 8 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- |  |                     |
|--|---------------------|
| • Zucchini   | 1   2               |
| • Button Mushrooms   | 4 oz   8 oz         |
| • Scallions  | 2   4               |
| • Carrots  | 2   4               |
| • Ginger   | 1 Thumb   2 Thumbs  |
| • Garlic   | 2 Cloves   4 Cloves |
| • Jasmine Rice   | ¾ Cup   1½ Cups     |
| • White Wine Vinegar   | 5 tsp   10 tsp      |
| • Sesame Oil   | 1 TBSP   2 TBSP     |
| • Sriracha  | 2 tsp   4 tsp       |
| • Soy Sauce  | 3 TBSP   6 TBSP     |
| • Ground Beef  | 10 oz   20 oz       |

## WINE CLUB

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## 1 PREP

Wash and dry all produce. Bring 1¼ cups water to a boil in a small pot. Halve zucchini lengthwise; slice into thin half-moons. Trim and thinly slice mushrooms and scallions, keeping scallion greens and whites separate. Peel carrots; using a peeler, shave lengthwise into ribbons. Peel and mince ginger. Mince garlic.



## 4 COOK VEGGIES

Heat a drizzle of oil in a large pan over medium-high heat (use a nonstick pan if you have it). Add carrots; season with salt and pepper. Cook, tossing, until tender but still crisp, 3-4 minutes. Remove from pan and set aside. Add another drizzle of oil to pan and repeat with zucchini; remove from pan once cooked. Add mushrooms and another drizzle of oil to pan and cook until tender, 3-5 minutes. Season with salt and pepper. Remove from pan and set aside.



## 2 COOK RICE

Once water boils, add rice and a pinch of salt to pot. Cover, lower heat, and reduce to a gentle simmer. Cook until tender, 15-20 minutes.



## 5 COOK BEEF

Heat another drizzle of oil in same pan over medium-high heat. Add garlic and ginger and cook until fragrant, about 30 seconds. Add beef, breaking up meat into pieces. Cook, tossing occasionally, until no longer pink, about 4 minutes. Increase heat to high and cook until browned and crisp, about 3 minutes. Pour in 1½ TBSP soy sauce (there will be some left over) and cook, tossing, until mostly evaporated, 1-2 minutes. Season with salt and pepper.



## 3 PICKLE SCALLIONS AND MAKE SAUCE

Toss scallion whites with vinegar and a pinch of salt in a small bowl. Set aside to marinate. In another small bowl, stir together sesame oil, 1½ TBSP sugar, up to half the sriracha, and 1½ TBSP soy sauce (we'll use more of the sriracha and soy sauce later).



## 6 FINISH AND PLATE

Divide rice between bowls. Arrange beef, zucchini, carrots, mushrooms, and scallion whites on top. Drizzle with sauce and remaining sriracha (to taste). Sprinkle with scallion greens and serve.

## MIX IT UP!

Give everything a good toss in your bowl before digging in.

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