



KOREAN BEEF BIBIMBAP

with Zucchini, Mushrooms & Carrots



HELLO SESAME SAUCE

A sweet and nutty Korean-style sauce with a touch of heat

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 820**



Zucchini



Scallions



Ginger



Jasmine Rice



Sesame Oil



Sriracha



Button Mushrooms



Carrots



Garlic



White Wine Vinegar



Soy Sauce
(Contains: Soy, Wheat)



Ground Beef

START STRONG

Master multitasker? Heat up a second pan and cook your veggies and beef simultaneously to shave off a few minutes.

BUST OUT

- Peeler
- Small pot
- 2 Small bowls
- Large pan
- Medium bowl
- Sugar (1 TBSP | 2 TBSP)
- Vegetable oil (4 tsp | 4 tsp)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient 2-person | 4-person

- Zucchini 1 | 2
- Button Mushrooms 4 oz | 8 oz
- Scallions 2 | 4
- Carrots 6 oz | 12 oz
- 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
- Soy Sauce 4 TBSP | 6 TBSP
- Sriracha 2 tsp | 4 tsp
- Ground Beef* 10 oz | 20 oz

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



1 PREP

Wash and dry all produce. Trim and halve **zucchini** lengthwise; thinly slice crosswise into half-moons. Trim and thinly slice **mushrooms**. Trim and thinly slice **scallions**, separating whites from greens. Peel **carrots**; shave lengthwise into ribbons, rotating as you go, until you get to the core. Discard core. Peel and mince **ginger**. Mince **garlic**.



4 COOK VEGGIES

Heat a drizzle of **oil** in a large, preferably nonstick, pan over medium-high heat. Add **carrots** and season with **salt** and **pepper**. Cook, stirring, until just tender, 3-4 minutes. Transfer to a medium bowl. Add **zucchini** and another drizzle of **oil** to pan. Cook, stirring, until tender, 4-5 minutes. Transfer to bowl with carrots. Add **mushrooms** and another drizzle of **oil** to pan. Cook, stirring, until tender, 3-5 minutes. Season with **salt** and **pepper**. Transfer to bowl with other veggies.

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2 COOK RICE

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



5 COOK BEEF

Heat another drizzle of **oil** in same pan over medium-high heat. Add **garlic** and **ginger**. Cook, stirring, until fragrant, 20-30 seconds. Add **beef** and cook, breaking up meat into pieces, until lightly browned, 3-4 minutes. Carefully pour out any excess grease from pan. Increase heat to high and cook until beef is browned, crisp, and cooked through, 2-3 minutes. Stir in remaining **soy sauce** and cook until mostly evaporated, 1-2 minutes. Season with **salt** and **pepper**.



3 PICKLE SCALLION WHITES & MAKE SAUCE

Meanwhile, in a small bowl, combine **scallion whites**, **vinegar**, and a pinch of **salt**. Set aside to pickle. In a separate small bowl, combine **sesame oil**, half the **soy sauce** (you'll use the rest later), **1 TBSP sugar** (2 TBSP for 4 servings), and as much **sriracha** as you like.



6 FINISH & SERVE

Fluff **rice** with a fork; divide between bowls. Arrange **beef**, **zucchini**, **carrots**, and **mushrooms** on top. Top with **pickled scallion whites** (draining first). Drizzle with **sauce** and any remaining **sriracha** to taste. Sprinkle with **scallion greens** and serve.

MIX IT UP!

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

