



# Korean Beef Bibimbap

with Green Beans & Black Sesame Rice

Grab your Meal Kit  
with this symbol



Jasmine Rice



Garlic



Ginger Lemongrass  
Paste



Beef Strips



Carrot



Green Beans



Zucchini



Garlic Aioli



Black Sesame  
Seeds



Chilli Flakes  
(Optional)



Beef  
Strips



Hands-on: **30-40 mins**  
Ready in: **35-45 mins**



Naturally gluten-free  
*Not suitable for Coeliacs*



Spicy (optional  
chilli flakes)

Bibimbap translates to “mixed rice” in Korean. It can be made with almost any ingredients, but always starts with a bed of rice and a medley of sautéed veggies. A perfectly fried egg tops it all off in a spectacular fashion!



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Tamari Sauce), Brown Sugar, Rice Wine Vinegar (or White Wine Vinegar), Eggs



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cup	2½ cups
jasmine rice	1 packet	2 packets
garlic	1 clove	2 cloves
ginger		
lemongrass paste	1 tub	2 tubs
soy sauce*		
(or gluten-free tamari soy sauce)	¼ cup	½ cup
brown sugar*	3 tsp	1½ tbs
water* (for the sauce)	1 tbs	2 tbs
beef strips	1 small packet	1 medium packet
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
zucchini	1	2
garlic aioli	1 packet (50g)	1 packet (100g)
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp
eggs*	2	4
black sesame seeds	1 medium sachet	1 large sachet
chilli flakes (optional)	pinch	pinch
beef strips**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3528kJ (843Cal)	575kJ (137Cal)
Protein (g)	53.2g	8.7g
Fat, total (g)	32.1g	5.2g
- saturated (g)	4.3g	0.7g
Carbohydrate (g)	80.9g	13.2g
- sugars (g)	15.3g	2.5g
Sodium (mg)	1671mg	272mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4005kJ (957Cal)	548kJ (131Cal)
Protein (g)	87g	11.9g
Fat, total (g)	32.5g	4.4g
- saturated (g)	5.3g	0.7g
Carbohydrate (g)	75.6g	10.3g
- sugars (g)	14.9g	10.3g
Sodium (mg)	1613mg	221mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Cook the rice

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

2



## Flavour the beef

While the rice is cooking, finely grate the **garlic**. In a small bowl, combine the **garlic, ginger lemongrass paste, soy sauce, brown sugar** and **water (for the sauce)**. In a medium bowl, combine the **beef strips** and 1/2 the **ginger-soy mixture**. Set aside.

**TIP:** If possible, let the beef marinate for 10-15 minutes to help develop flavour.



### CUSTOM RECIPE

If you've doubled your beef strips, use double the soy sauce, brown sugar and water.

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## Cook the veggies & beef

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **carrot** and **zucchini** until just softened, **3-4 minutes**. Transfer to a plate. Return the pan to a medium-high heat. Cook the **green beans**, tossing, until tender, **4-5 minutes**. Transfer to the plate with the **carrot** and **zucchini**. Return the pan to a medium-high heat and cook the **beef strips**, in batches, until cooked through, **1-2 minutes**. Transfer to a medium bowl.

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## Fry the eggs

Return the pan to a medium-high heat with a drizzle of **olive oil**. Fry the **eggs** until the yolks are cooked to your liking, **4-5 minutes**. Just before serving, stir the **black sesame seeds** through the cooked **rice**.

**TIP:** This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.

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## Get prepped

Cut the **carrot** into thin sticks (or grate if you prefer!). Trim the **green beans** and cut into thirds. Slice the **zucchini** into thin sticks. In a second small bowl, combine the **garlic aioli** and **rice wine vinegar**.

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## Serve up

Divide the black sesame rice between bowls and top with the Korean beef, carrot, zucchini and green beans. Drizzle with the remaining ginger-soy sauce mixture. Top with the fried eggs and a pinch of **chilli flakes** (if using). Serve with the aioli mixture.

**TIP:** You can toss everything together to serve if you prefer!

## Enjoy!