



ZUCCHINI & MUSHROOM BIBIMBAP BOWLS

with Sweet Sesame Sauce & a Fried Egg

INGREDIENTS

2 PERSON | 4 PERSON



1 Thumb | 1 Thumb
Ginger



2 | 2
Scallions



3 oz | 6 oz
Carrot



1 | 2
Zucchini



4 oz | 8 oz
Button Mushrooms



3/4 Cup | 1 1/2 Cups
Jasmine Rice



5 tsp | 10 tsp
White Wine
Vinegar



1 TBSP | 2 TBSP
Sesame Oil



2 TBSP | 4 TBSP
Soy Sauce
Contains: Soy, Wheat



1 tsp | 1 tsp
Sriracha



2 | 4
Eggs
Contains: Eggs

HELLO

SWEET SESAME SAUCE

This nutty and flavorful Korean-style sauce takes veggies above and beyond.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 600



HELLO FRESH

LET'S GET CRACKIN'

Always seem to get a little piece of shell in your cracked egg? Instead of chasing it around with a spoon, use one of the broken halves of your eggshell to scoop it up—the jagged edge will cut right through the viscous white.

BUST OUT

- Peeler
- Small pot
- 2 Small bowls
- Large pan
- Medium bowl
- Kosher salt
- Black pepper
- Sugar (1 TBSP | 2 TBSP)
- Cooking oil (5 tsp | 5 tsp)

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



1 PREP

- **Wash and dry all produce.**
- Peel and mince or grate **ginger**. Trim and thinly slice **scallions**, separating whites from greens. Trim **carrot**; using a peeler, shave carrot lengthwise into ribbons, rotating as you go, until you get to the core. Discard core. Trim and halve **zucchini** lengthwise; cut crosswise into ¼-inch-thick half-moons. Trim and thinly slice **mushrooms**.



4 COOK VEGGIES

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **carrot** 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, 5-6 minutes. Season with **salt** and **pepper**. Transfer to bowl with carrot.
- Add **mushrooms** and another **drizzle of oil** to pan. Cook, stirring, until tender, 3-5 minutes. Season with **salt** and **pepper**.
- Turn off heat; transfer to bowl with veggies. Wipe out pan.



2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **ginger** and cook, stirring, until fragrant, 30 seconds.
- Stir in **rice**, **1¼ cups water** (**2¼ cups for 4 servings**), 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.



5 FRY EGGS

- Heat a **drizzle of oil** in pan used for veggies over medium heat. Once hot, crack **eggs*** into pan and cover. (**For 4 servings, you may want to cook eggs in batches.**) Fry eggs to preference. Season with **salt** and **pepper**.



3 MAKE PICKLES & SAUCE

- While rice cooks, 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**, **soy sauce**, **1 TBSP sugar** (**2 TBSP for 4 servings**), and up to **half the sriracha** (save any remaining for serving).



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt** and **pepper**.
- Divide rice between bowls. Arrange **carrot**, **zucchini**, and **mushrooms** on top. Top each bowl with a **fried egg** and **pickled scallion whites** (draining first). Drizzle with **sauce** and any **remaining sriracha** to taste. Sprinkle with **scallion greens** and serve.

WK 23-21