



Bibimbap Rice Bowl and Spicy Sesame Sauce

with Beyond Meat[®], Zucchini and Carrots

Veggie

Spicy

25 Minutes



Beyond Meat[®]



Jasmine Rice



Zucchini



Carrot



Sesame Seeds



Gochujang



Green Onions



Soy Sauce



Honey

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO STIR IT UP!

"Bibim" is a Korean work that means mixing and "bap" means rice!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 1 (dbl for 4ppl):

- Medium: 1 tsp
- Spicy: 2 tsp
- Extra-spicy: 3 tsp

Bust Out

Baking sheet, measuring cups & spoons, medium bowl, vegetable peeler, medium pot, parchment paper, large non-stick pan

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Jasmine Rice	¾ cup	1 ½ cup
Zucchini	200 g	400 g
Carrot	170 g	340 g
Sesame Seeds	1 tbsp	2 tbsp
Gochujang 🌶️	1 tbsp	2 tbsp
Green Onions	2	4
Soy Sauce	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep & make sauce

Bring **1 ½ cups water** (dbl for 4ppl) to a boil in a covered medium pot. Peel, then cut **carrots** into ¼-inch thin slices, then cut slices into ¼-inch matchsticks. Cut the **zucchini** in half lengthwise, then into ¼-inch half-moons. Thinly slice **green onions**. Stir together **½ tbsp water** (dbl for 4ppl), **half the honey**, **half the soy sauce** and **2 tsp gochujang** in a medium bowl. (NOTE: Reference heat guide.)



Toast sesame seeds

Heat a large non-stick pan over medium heat. Add the **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (TIP: Keep your eye on them so they don't burn!) Transfer to a plate.



Cook rice

Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Cook Beyond Meat®

Heat the same pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **Beyond Meat®**. Cook, breaking up the **patties** into bite-sized pieces, until slightly crispy, 5-6 min. ** Remove pan from heat, then add **remaining soy sauce** and **remaining honey**. Stir to combine. Season with **salt** and **pepper**.



Roast veggies

Toss **zucchini**, **carrots** and **1 tbsp oil** (dbl for 4ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven until tender-crisp, 8-10 min.



Finish & serve

Stir **half the toasted sesame seeds** into the medium bowl with sauce. Sprinkle **remaining sesame seeds** over **veggies**. Fluff **rice** with a fork. Season with **salt** and stir in **half the green onions**. Divide **rice** between bowls then top with **Beyond Meat®** and **veggies**. Drizzle with **spicy sesame sauce** then sprinkle over **remaining green onions**.

Dinner Solved!