



# BROWN RICE BIBIMBAP

with Veggies and Soy Ginger Sauce



**HELLO BIBIMBAP**  
A Korean-style mixed rice bowl that's always packed full with veggies

**PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 510**



Brown Rice



Zucchini



Button Mushrooms



Garlic



White Wine Vinegar



Sesame Seeds



Carrot



Scallions



Broccoli Florets



Ginger



Soy Sauce  
(Contains: Soy)



Sriracha



## START STRONG

Here's a trick to save time during the hustle-bustle of the season: heat up a second pan for steps 4 and 5 to cook both the carrot-zucchini and broccoli-mushroom mixtures at the same time.

## BUST OUT

- Large pot
- Strainer
- Peeler
- 2 Small bowls
- Large pan
- Sugar (1 tsp | 2 tsp)
- Oil (1 TBSP | 2 TBSP)
- Medium bowl
- Plastic wrap

## INGREDIENTS

Ingredient 2-person | 4-person

- Brown Rice ¾ Cup | 1½ Cups
- Carrot 1 | 2
- Zucchini 1 | 2
- Broccoli Florets 8 oz | 16 oz
- Button Mushrooms 4 oz | 8 oz
- Garlic 2 Cloves | 4 Cloves
- Ginger 1 Thumb | 2 Thumbs
- Scallions 2 | 4
- White Wine Vinegar 5 tsp | 10 tsp
- Soy Sauce 4 TBSP | 8 TBSP
- Sesame Seeds 1 TBSP | 1 TBSP
- Sriracha 🌶️ 3 tsp | 6 tsp

## HELLO WINE



PAIR WITH  
Maison Bonheur Beaujolais, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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## 1 COOK RICE

Bring a large pot of **water** to a boil with a large pinch of **salt**. Once boiling, add **rice** and cook until tender, 25-30 minutes. Drain and return to pot. Keep covered until rest of meal is ready.



## 4 COOK VEGGIES

Heat a drizzle of **oil** in a large pan over medium heat. Add **carrot** and **zucchini**. Cook, tossing frequently, until tender but still crisp, 4-5 minutes. While carrot and zucchini cook, place **broccoli** in a medium bowl with a splash of **water** and cover bowl with plastic wrap. Poke a few holes in wrap. Microwave on high until just starting to become tender, about 1 minute.



## 2 PREP VEGGIES

**Wash and dry all produce.** While rice cooks, peel **carrot**. Using a vegetable peeler, shave it into ribbons, running blade down the length. Repeat with **zucchini**. Cut any large **broccoli florets** into small, bite-size pieces. Trim, then thinly slice **mushrooms**. Mince or grate **garlic**. Peel and mince **ginger**.



## 5 FINISH VEGGIES

Remove **carrot** and **zucchini** from pan once done and set aside. Heat a large drizzle of **oil** in same pan over medium heat. Add **broccoli** and **mushrooms** and cook, tossing, until completely tender, 2-3 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.



## 3 PICKLE SCALLIONS AND MAKE SAUCE

Trim **scallions**, then cut into 3-inch pieces. Halve each piece lengthwise, then slice as thinly as possible to create matchstick-shaped slices. In one small bowl, toss scallions with **vinegar** and a pinch of **salt** and set aside. In another small bowl, stir together **soy sauce**, **garlic**, **ginger**, and **1 tsp sugar**.



## 6 FINISH SAUCE AND SERVE

Pour **soy sauce mixture** into same pan. Bring to a simmer and let cook until slightly thickened, 1-2 minutes. Divide **rice** between bowls. Arrange **carrot**, **zucchini**, **broccoli**, and **mushrooms** on top. Garnish with **scallions** and **sesame seeds**. Drizzle with **sauce** from pan and **sriracha** (to taste).

## DAZZLING!

Give those veggie ribbons a twirl!

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