



MAY
2016

Marinated Steak Bibimbap

with Zucchini, Crispy Mushrooms, and Pickled Scallions

Bibimbap translates literally to “mixed rice” in Korean. This traditional Korean dish can be made with almost any ingredients, but always starts with a bed of rice and a medley of sautéed vegetables. A perfectly fried egg makes an excellent addition!



Prep: 10 min
Total: 30 min



level 1



dairy
free



nut
free



Sirloin Steak



Soy Sauce



White Wine
Vinegar



Scallions



Garlic



Ginger



Brown Rice



Zucchini




Button Mushrooms



Sriracha

Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Soy Sauce	1) 2)	5 T
White Wine Vinegar	2 T	4 T
Scallions	2	4
Garlic	2 Cloves	4 Cloves
Ginger	1 Thumb	2 Thumbs
Brown Rice	¾ Cup	1 ½ Cups
Zucchini	1	2
Button Mushrooms	4 oz	8 oz
Sriracha 	3)	4 T
Sugar*	1 t	2 T
Eggs*	2	4
Olive Oil*	2 t	4 t

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Fish
- 4) Eggs

Tools

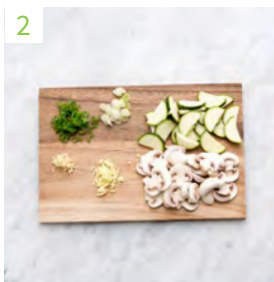
Large pot, Strainer, Peeler, Medium bowl, Small bowl, Large pan

Ruler

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Nutrition per person Calories: 636 cal | Fat: 17 g | Sat. Fat: 5 g | Protein: 47 g | Carbs: 75 g | Sugar: 11 g | Sodium: 1392 mg | Fiber: 6 g

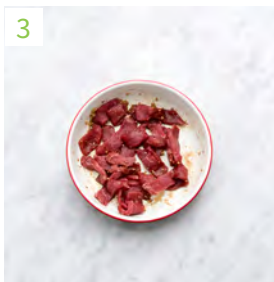
2



1 Cook the rice: Bring a large pot of **water** to a boil with a large pinch of **salt**. Once boiling, add the **rice** and cook for 25-30 minutes. Once the rice is tender, drain and return to the pot. Cover and allow to steam.

2 Prep the veggies: **Wash and dry all produce.** Halve the **zucchini** lengthwise and thinly slice into half-moons. Thinly slice the **mushrooms**. Trim, then thinly slice the **scallions**, keeping the **greens** and **whites** separate. Mince or grate the **garlic**. Peel and mince the **ginger**.

3

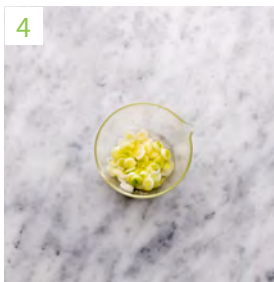


3 Marinate the steak: Combine the **soy sauce**, **garlic**, **ginger**, and **1 teaspoon sugar** in a medium bowl. Thinly slice the **steak** against the grain, then toss into the **soy sauce marinade**.

4 Pickle the scallions: Toss the **scallion whites** in a small bowl with the **white wine vinegar** and a pinch of **salt**.

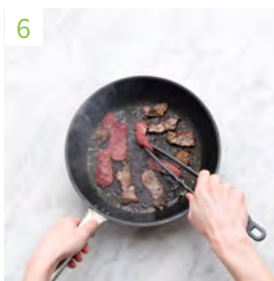
5 Cook the veggies: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **mushrooms** and season with **salt** and **pepper**. Cook, tossing for 5-6 minutes, until golden brown and crispy. Remove from the pan and set aside. Repeat with the **zucchini**. Remove from the pan and set aside. Season with **salt** and **pepper**.

4



6 Sear the steak: Heat another drizzle of **olive oil** in the same pan over medium-high heat. Working in batches, sear each slice of **steak** for about 20 seconds per side, until browned. Remove from the pan and set aside. Repeat until all the slices are cooked. If you have **eggs** handy, this would be the time to fry up 2 sunny side eggs!

6



7 Finish and plate: Pour any remaining **soy sauce marinade** into the pan and simmer for about 1 minute, until thickened. Serve the **rice** and arrange the **steak**, **zucchini**, **crispy mushrooms**, and **pickled scallions** on top. Top with the **sunny side up eggs** (if using) and finish with a drizzle of the **soy sauce marinade**, **sriracha** (to taste), and the **scallion greens**. Enjoy!

Share your masterpiece! Tag your photos with #HelloFreshPics and share you'll be entered into our weekly photo contest!

