



Spicy Bibimbap-Style Rice Bowls

with Plant-Based Protein, Zucchini and Carrots

Veggie

Spicy

30 Minutes



Plant-Based Burger Patty



Jasmine Rice



Zucchini



Carrot



Sesame Seeds



Gochujang



Green Onion



Soy Sauce



Honey



Sriracha



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HELLO BIBIMBAP

'Bibim' is a Korean word that means mixing and 'bap' means rice!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Plant-Based Burger Patty	2	4
Jasmine Rice	¾ cup	1 ½ cups
Zucchini	200 g	400 g
Carrot	170 g	340 g
Sesame Seeds	1 tbsp	2 tbsp
Gochujang 🌶️	2 tbsp	4 tbsp
Green Onion	2	4
Soy Sauce	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Sriracha 🌶️	2 tsp	4 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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Cook rice

- Using a strainer, rinse **rice** until **water** runs clear.
- Add **1 cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Toast sesame seeds

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



Prep and make sauce

- Meanwhile, peel, then cut **carrot** into ¼-inch matchsticks.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **green onions**.
- Stir together **gochujang**, **half the honey** and **half the soy sauce** in a medium bowl.



Cook plant-based protein

- Heat the same pan over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **patties**. Cook, breaking up **patties** into bite-sized pieces, until slightly crispy, 5-6 min. ******
- Remove from heat, then add **remaining soy sauce**, **remaining honey** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine.



Roast veggies

- Add **zucchini**, **carrots** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until tender-crisp, 9-12 min.



Finish and serve

- Stir **half the 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 **plant-based protein** and **veggies**. Drizzle with **spicy sesame sauce**, then drizzle with **sriracha**, to taste.
- Sprinkle **remaining green onions** over top.

Dinner Solved!