



# Bibimbap Rice Bowl and Spicy Sesame Sauce

with Beyond Meat<sup>®</sup>, Zucchini and Carrots

Veggie Spicy 25 Minutes



Beyond Meat<sup>®</sup>



Jasmine Rice



Zucchini



Carrot



Sesame Seeds



Gochujang



Green Onions



Soy Sauce



Honey

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.

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

- 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.*

## Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## Prep and make sauce

Bring **1 ½ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. While the water comes to a boil, 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 4 ppl), **half the honey**, **half the soy sauce** and **2 tsp gochujang** in a medium bowl. (NOTE: Reference heat guide.)



## Toast sesame seeds

While **veggies** roast, heat a large non-stick pan over medium heat. When hot, 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 the 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 4 ppl), 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

While **rice** cooks, toss **zucchini, carrots** and **1 tbsp oil** (dbl for 4 ppl) 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 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 **Beyond Meat®** and **veggies**. Drizzle with **spicy sesame sauce**, then sprinkle **remaining green onions** over top.

## Dinner Solved!