



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

HELLO 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, medium pot, parchment paper, measuring cups, 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 🌶️	2 tbsp	4 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 and make sauce

Bring **1 ½ cups water** and **⅛ tsp salt** (dbl for 4 ppl) to a boil in a covered medium pot. While **water** comes to a boil, peel, then cut **carrot** into ¼-inch thin slices, then cut slices into ¼-inch matchsticks. Halve **zucchini** lengthwise, then into ¼-inch half-moons. Thinly slice **green onions**. Stir together, **half the honey, half the soy sauce** and **gochujang** in a medium bowl.



Toast sesame seeds

While **veggies** roast, 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 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 4 ppl), then **Beyond Meat®**. Cook, breaking up **patties** into bite-sized pieces, until slightly crispy, 5-6 min. ****** Remove pan from heat, then add **remaining soy sauce** and **remaining honey**. Season with **salt** and **pepper**, then stir to combine.



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!