



SESAME-SOY BEEF BIBIMBAP

with Pickled Veggies and Green Onion Rice



HELLO BIBIMBAP

A Korean rice bowl that's always packed with veggies

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 755



Beef Strips



Soy Sauce-Mirin Blend



Sesame Oil



Brown Sugar



Jasmine Rice



Mini Cucumber



Carrot, julienned



Sesame Seeds



Garlic



Green Onions



Rice Vinegar

BUST OUT

- Large Bowl
- Paper Towel
- Whisk
- Small Bowl
- Large Non-Stick Pan
- Slotted Spoon
- Measuring Spoons
- Medium Bowl
- Measuring Cups
- Sugar (2 tsp)
- Garlic Press
- Salt and Pepper
- Medium Pot
- Olive or Canola oil

INGREDIENTS

- 4-person
- Beef Strips 570 g
 - Soy Sauce-Mirin Blend 1,4 3 tbsp
 - Sesame Oil 8 1 tbsp
 - Brown Sugar 2 tbsp
 - Jasmine Rice 1 ½ cup
 - Mini Cucumber 198 g
 - Carrot, julienned 227 g
 - Sesame Seeds 8 2 tbsp
 - Garlic 20 g
 - Green Onions 4
 - Rice Vinegar ¼ cup

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

If you have an extra egg in the fridge, a fried sunny-side up egg is a delightful addition to this dish.



1 PREP Wash and dry all produce.* In a covered medium pot, bring **2 ⅔ cups water** to a boil. Mince or grate the **garlic**. In a large bowl, whisk together the **sesame oil, soy-mirin blend, brown sugar** and **garlic**. Pat the **beef** dry with paper towels and cut the strips into 1-inch pieces. Add the beef to the large bowl and stir to coat. Set aside.



4 COOK BEEF Heat same pan over medium-high heat. When the pan is hot, add **1 tbsp oil**. Using a slotted spoon, transfer **half the beef** to the pan. (**NOTE:** You will cook **reserved** marinade in Step 5!) Cook, stirring often, until browned, 3-4 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.**) Transfer to a medium bowl and set aside. Repeat with the **remaining** beef.



2 COOK RICE Add the **rice** to the medium pot of boiling water. Reduce the heat to low. Cook (still covered) until the rice is tender and the water has been absorbed, 12-14 min. Meanwhile, thinly slice the **green onions**. Cut the **cucumbers** into ¼-inch round slices.



5 MAKE SAUCE Once all the **beef** is cooked through, reduce the heat to medium. Add the **reserved marinade** and **½ cup water** to the same pan. Bring to a boil, then reduce the heat to medium-low. Simmer, stirring often, until the sauce slightly thickens, 2-3 min.



3 PICKLE VEGGIES Heat a large non-stick pan over medium heat. When the pan is hot, add **sesame seeds** to dry pan. Toast, stirring, until golden, 4-6 min. Transfer to a plate. Set aside. In the same pan, add **carrots, cucumbers, vinegar, ¼ cup water, 2 tsp white sugar** and **1 tsp salt**. Cook until tender-crisp, 3-4 min. Transfer pickled veg, along with the **liquid**, to a small bowl. Set aside.



6 FINISH AND SERVE Fluff **rice** with a fork. Stir in **half the green onions**. Add **sesame seeds** to the **beef**. Stir to coat. Divide rice between plates, then top with beef. Drizzle with **sauce**. Add **veggies**, then sprinkle with **remaining** onions.

MIX IT UP!

Give everything a good toss in your bowl before digging in.