



# Korean-Inspired Veggie Bowls

with Plant-Based Protein and Pickled Radishes

Veggie

Spicy

30 Minutes



Plant-Based Protein Shreds



Basmati Rice



Coleslaw Cabbage Mix



Radish



Green Onion



Garlic, cloves



Soy Sauce



Gochujang



Ginger Sauce



Seasoned Rice Vinegar



Sesame Oil



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HELLO GOCHUJANG

*This Korean chili paste has distinctive savoury, sweet and spicy notes!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, measuring spoons, medium pot, small pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

### Ingredients

	2 Person	4 Person
Plant-Based Protein Shreds	200 g	400 g
Basmati Rice	¾ cup	1 ½ cups
Coleslaw Cabbage Mix	170 g	340 g
Radish	3	6
Green Onion	1	2
Garlic, cloves	2	4
Soy Sauce	2 tbsp	4 tbsp
Gochujang 🌶️	2 tbsp	4 tbsp
Ginger Sauce	2 tbsp	4 tbsp
Seasoned Rice Vinegar	1 tbsp	2 tbsp
Sesame Oil	1 tbsp	2 tbsp
Sugar*	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

- Add **1 ¼ cups 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 low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



### Cook coleslaw cabbage mix

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **coleslaw cabbage mix**. Cook, stirring occasionally, until tender-crisp, 1-2 min.
- Add **garlic**, **half the soy sauce** and **half the sesame oil**. Cook, stirring occasionally, until fragrant, 1 min.
- Remove from heat.
- Transfer **coleslaw cabbage mix** to a plate, then cover to keep warm.



### Prep

- Meanwhile, halve **radishes** lengthwise, then cut into thin half-moons.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.
- Add **gochujang** and **half the ginger sauce** (use all for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then whisk to combine.



### Cook protein shreds

- Carefully wipe the pan clean.
- Reheat the same pan over medium.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **plant-based protein**. Cook, flipping once or twice, until crispy, 6-8 min.\*\*
- Add **half the prepared sauce** (from step 2), **remaining soy sauce** and **remaining sesame oil**. Cook, stirring often, until fragrant, 1 min.



### Make pickled radishes

- Add **radishes**, **vinegar**, **2 tbsp water** and **2 tsp sugar** (dbl all for 4 ppl) to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove from heat. Transfer **radishes**, including **pickling liquid**, to a medium bowl. Place in the fridge to cool.



### Finish and serve

- Add **1 tbsp pickling liquid** (dbl for 4 ppl) to **remaining prepared sauce**. Stir to combine.
- Drain **pickled radishes** and discard remaining pickling liquid.
- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between bowls. Top with **plant-based protein**, **coleslaw cabbage mix** and **pickled radishes**.
- Drizzle **remaining prepared sauce** over top and sprinkle with **remaining green onions**.

Dinner Solved!