



Korean-Style Beef Bibimbap

with Zucchini, Mushrooms and Carrots

Spicy

30 Minutes



Ground Beef



Jasmine Rice



Zucchini



Mushrooms



Carrot, julienned



Green Onion



Garlic, cloves



Gochujang



Rice Vinegar



Soy Sauce



Sesame Oil

HELLO GOCHUJANG

This fermented 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, 2 small bowls, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Jasmine Rice	¾ cup	1 ½ cups
Zucchini	200 g	400 g
Mushrooms	113 g	227 g
Carrot, julienned	56 g	113 g
Green Onion	2	4
Garlic, cloves	2	4
Gochujang 🌶️	4 tbsp	8 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Sesame Oil	1 tbsp	2 tbsp
Sugar*	½ tsp	1 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 veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **carrots** and **zucchini**. Season with **salt** and **pepper**. Cook, stirring often, until just tender, 2-3 min.
- Transfer **veggies** to a medium bowl.
- Add **mushrooms** and **1 tbsp oil** (dbl for 4 ppl) to the same pan. Cook, stirring often, until tender, 3-5 min.
- Season with **salt** and **pepper**, to taste.
- Transfer **mushrooms** to the bowl with **veggies**.



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Quarter **mushrooms**.
- Thinly slice **green onions**, keeping white and green parts separate.
- Peel, then mince or grate **garlic**.



Cook beef

- Reheat the same pan over medium-high.
- Add **beef** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Remove the pan from heat, then stir in **remaining soy sauce**.
- Season with **salt** and **pepper**, to taste.



Pickle green onions and make sauce

- Combine **green onion whites**, **vinegar** and a **pinch of salt** in a small bowl. Set aside to pickle.
- Combine **gochujang**, **sesame oil**, **half the soy sauce** and **½ tsp sugar** (dbl for 4 ppl) in another small bowl.



Finish and serve

- Fluff **rice** with a fork and season with **salt**. Stir in **remaining green onions**.
- Divide **rice** between bowls. Top with **beef**, **veggies** and **pickled green onions**.
- Drizzle **spicy sesame sauce** over top.

Dinner Solved!