



# Toasted Sesame-Gochujang Bowls

with Farro and Plant-Based Protein

Veggie

Spicy

30 Minutes



- Plant-Based Burger Patty
- Zucchini
- Baby Spinach
- Crispy Shallots
- Sesame Seeds
- Rice Vinegar
- Farro
- Carrot
- Garlic, cloves
- Gochujang
- Mayonnaise
- Soy Sauce

## HELLO GOCHUJANG

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

## Start here

Before starting, wash and dry all produce.

### Bust out

Vegetable peeler, measuring spoons, strainer, medium pot, small bowl, measuring cups, large non-stick pan

### Ingredients

	2 Person	4 Person
Plant-Based Burger Patty	2	4
Farro	½ cup	1 cup
Zucchini	200 g	400 g
Carrot	170 g	340 g
Baby Spinach	28 g	56 g
Garlic, cloves	2	4
Crispy Shallots	28 g	28 g
Gochujang 🌶️	2 tbsp	4 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Sugar*	¾ tsp	1 ½ 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 farro and toast sesame seeds

- Add **farro**, **1 tsp salt** and **3 cups water** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium. Cook uncovered until **farro** is tender, 18-20 min.
- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on sesame seeds so they don't burn!)
- Remove from heat. Transfer **sesame seeds** to a plate.



### Cook veggies and finish farro

- Heat the same pan (from step 1) over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **carrots** and **zucchini**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp and lightly charred, 3-4 min.
- Remove from heat, then transfer **veggies** to a plate. Carefully wipe the pan clean.
- Drain **farro**, then return to the same pot, off heat.
- Add **dressing**, **spinach** and **half the crispy shallots**. Stir to combine, then cover and set aside.



### Prep

- Peel, then mince or grate **garlic**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Peel, then cut **carrot** into ¼-inch matchsticks.
- Roughly chop **spinach**.



### Cook plant-based protein

- Heat the same pan over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **plant-based patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 4-5 min.\*\*
- Add **sesame seeds**, **garlic**, **remaining gochujang** and **¼ cup water** (dbl for 4 ppl). Cook, until fragrant, 1 min.
- Add **veggies**. Season with **salt** and **pepper**, to taste, then stir to combine.



### Make sauces

- Add **mayo**, **half the gochujang**, **1 tbsp water** and **¼ tsp sugar** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, to taste, then stir to combine. (**NOTE:** This is your gochujang mayo.)
- Combine **vinegar**, **soy sauce**, **½ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a small bowl. (**NOTE:** This is your dressing.)



### Finish and serve

- Divide **farro** and **plant-based protein mixture** between bowls.
- Drizzle **gochujang mayo** over top.
- Sprinkle with **remaining crispy shallots**.

### Dinner Solved!