



Toasted Sesame-Gochujang Bowls with Farro and Plant-Based Ground Protein

Veggie

30 Minutes



Plant-Based Ground Protein
500 g | 1000 g

Customized Protein

+ Add

↻ Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Plant-Based Ground Protein
250 g | 500 g



Farro
½ cup | 1 cup



Zucchini
1 | 2



Carrot
1 | 2



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
2 tbsp | 4 tbsp

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.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Vegetable peeler, measuring spoons, strainer, medium pot, 2 small bowls, measuring cups, large non-stick pan

1



Cook farro and toast sesame seeds

• Before starting, wash and dry all produce.

- Add **farro**, **1 tsp** (2 tsp) **salt** and **3 cups** (6 cups) **water** 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 the pan is 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 **toasted sesame seeds** to a plate.

4



Cook veggies and finish farro

- Heat the same pan (from step 1) over medium-high.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, 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.

2



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**.

5



Cook plant-based protein

***2 Double** | **Plant-Based Ground Protein**

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

3



Make sauces

- Add **mayo**, **half the gochujang**, **1 tbsp** (2 tbsp) **water** and **¼ tsp** (½ tsp) **sugar** to a small bowl. Season with **salt** and **pepper**, to taste, then stir to combine. (**NOTE:** This is your gochujang mayo.)
- Combine **vinegar**, **half the soy sauce**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in another small bowl. (**NOTE:** This is your dressing.)

6



Finish and serve

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

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

5 | Cook plant-based protein

***2 Double** **Plant-Based Ground Protein**

If you've opted for double **plant-based protein**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion plant-based protein**. Work in batches, if necessary.



Issue with your meal? Scan the QR code to share your feedback.

** Cook to a minimum internal temperature of 74°C/165°F.