



VEGETARIAN BIBIMBAP

with Mushrooms, Carrot and Sesame Spinach

VEGGIE



HELLO BIBIMBAP

The Korean mixed rice bowl that's packed with healthy veggies

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 636



Short-Grain Brown Rice



Cremini Mushrooms



Garlic



Carrot, julienned



Baby Spinach



Soy Sauce



Sesame Seeds, toasted



Gochujang



Honey



Sesame Oil

BUST OUT

- Medium Pot
- Salt
- Measuring Cups
- Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Small Bowl
- Measuring Spoons

INGREDIENTS

2-person

- Short-Grain Brown Rice 2 pkg (227 g)
- Cremini Mushrooms 1 pkg (227 g)
- Garlic 1 pkg (10 g)
- Carrot, julienned 1 pkg (113 g)
- Baby Spinach 1 pkg (113 g)
- Soy Sauce 1,4 1 pkg (1 tsp)
- Sesame Seeds, toasted 8 1 pkg (1 tbsp)
- Gochujang 🌶️ 4,9 1 pkg (2 tbsp)
- Honey 1 pkg (1 tbsp)
- Sesame Oil 8 1 pkg (1 tbsp)

ALLERGENS

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

- 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

START STRONG

Gochujang is mildly spicy a red pepper paste commonly used in Korean cooking. If you have eggs in the fridge, a perfectly fried egg makes an excellent addition to this dish!



1 COOK RICE

In a medium pot, combine the **rice** with **2 ½ cups salted water**. Bring to a boil over high heat, then reduce the heat to medium-low. Cover with a lid and simmer until the rice is tender, 28-30 min. Drain any excess liquid.



4 COOK VEGGIES

Add the **carrots** and **1 tbsp water** to the same pan. Cook, stirring, until it starts to soften, 1-2 min. Transfer to the same plate. Add the **spinach** and **soy sauce** to the pan. Cook, stirring, until the spinach wilts, 1-2 min. Stir in the **sesame seeds**. Transfer to the same plate.



2 PREP

Wash and dry all produce.

Thinly slice the **mushrooms**. Mince or grate the **garlic**.



5 MAKE SAUCE

In a small bowl, stir together the **gochujang**, **honey**, **sesame oil** and **2 tbsp water**. Season with **salt** and **pepper**.



3 COOK MUSHROOMS

Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **mushrooms** and **garlic**. Cook, stirring occasionally, until the mushrooms turn golden-brown, 7-8 min. Transfer to a plate.



6 FINISH AND SERVE

Divide the **rice** between bowls and top with the **mushrooms**, **carrot** and **sesame spinach**. Drizzle over as much **bibimbap sauce** as you like, and mix to coat.

VIBRANT!

This rice bowl is anything but plain.