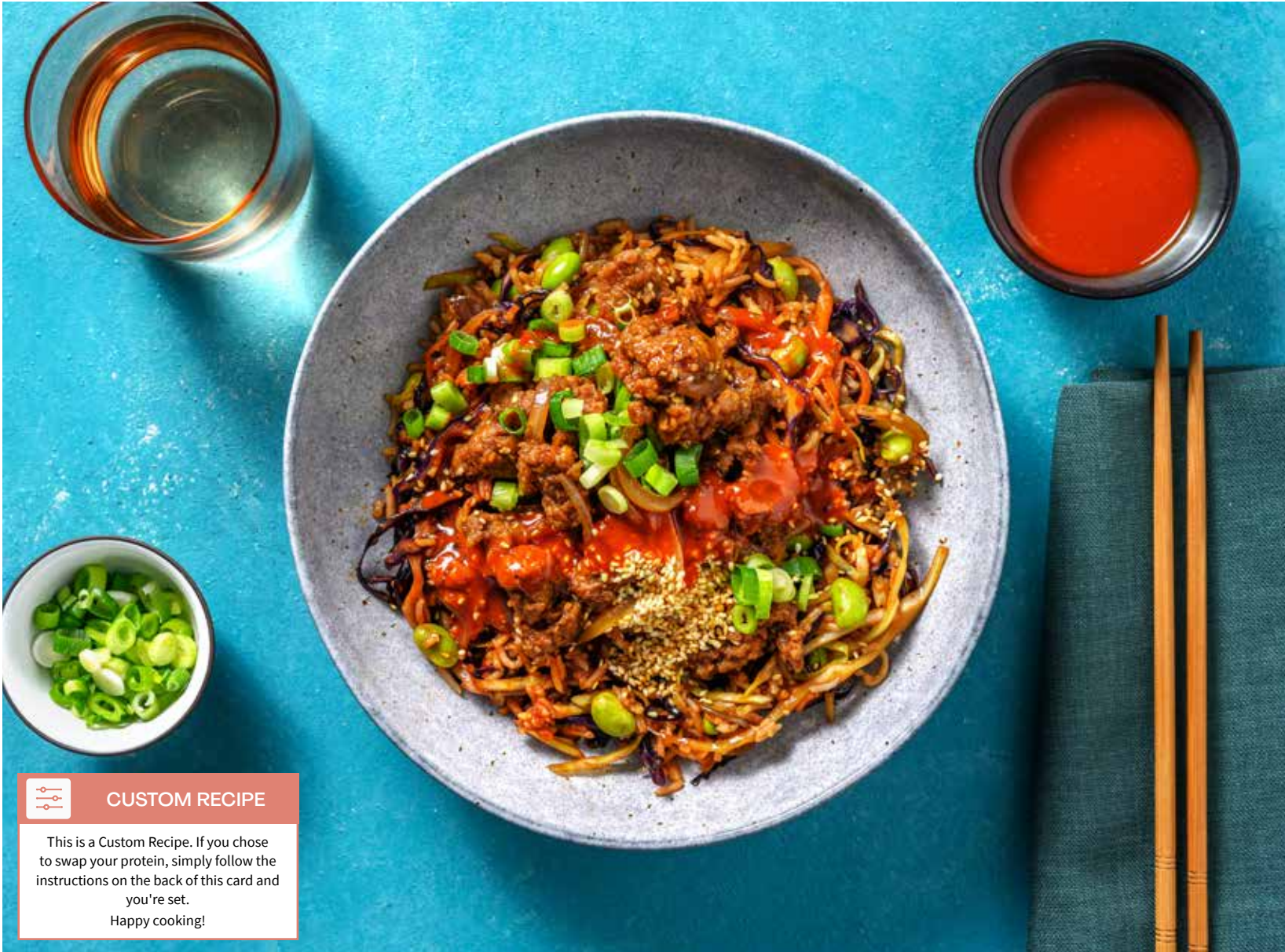




Veggie Bulgogi Bowls

with Meatless Farm® and Gochujang Fried Rice

Veggie Spicy 25 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- Meatless Farm®
- Shrimp
- Soy Sauce
- Sesame Oil
- Edamame
- Coleslaw Cabbage Mix
- Gochujang
- Basmati Rice
- Yellow Onion
- Green Onions
- Honey
- Sesame Seeds
- Garlic Puree

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

Measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Meatless Farm®	2	4
Shrimp	285 g	570 g
Soy Sauce	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	2 tbsp
Edamame	56 g	113 g
Coleslaw Cabbage Mix	170 g	340 g
Gochujang 🌶️	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cups
Yellow Onion	113 g	226 g
Green Onions	1	2
Honey	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Sugar*	1 tsp	2 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 **⅛ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Add **edamame** to the pot halfway through. Remove the pot from heat. Set aside, still covered.



Start veggie bulgogi

Heat the same pan (from step 2) over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **half the onions**. Cook, stirring often, until slightly softened, 2-3 min. Add **Meatless Farm® patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Add **half the garlic puree**. Cook, stirring often, until fragrant, 30 sec. Add **remaining honey, half the soy sauce, 1 tsp sugar** and **½ cup water** (dbl both for 4 ppl). Bring to a simmer.

CUSTOM RECIPE

Heat the pan and cook the **onions** the same way, then add **shrimp**. Cook, stirring occasionally, until **shrimp** start to turn pink, 1-2 min. Follow the rest of the **bulgogi** instructions, adjusting the final cook time of the **sauce** to 1-2 min and ensuring **shrimp** are cooked through.**



Toast sesame seeds

While **rice** cooks, 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 them so they don't burn!) Transfer to a plate.



Finish veggie bulgogi and cook cabbage mix

Once simmering, add **half the sesame seeds** and season with **pepper**. Cook, stirring often, until **sauce** is almost absorbed, 2-3 min. Transfer **Meatless Farm®** to a plate and cover to keep warm. Carefully wipe the pan clean. Reheat the same pan over medium-high. Add **half the sesame oil**, then **remaining onions**. Cook, stirring occasionally, until slightly softened, 1-2 min. Add **coleslaw cabbage mix**, then **remaining garlic puree**. Season with **salt and pepper**. Cook, stirring often, until fragrant, 30 sec.



Prep

While **seeds** toast, peel, then cut **onion** into ¼-inch pieces. Thinly slice **green onion**. Add **half the gochujang, half the honey** and **1 tbsp hot water** (dbl for 4 ppl) to a small bowl. Stir until smooth. (**NOTE:** This is your gochujang-honey sauce.)

CUSTOM RECIPE

If you've opted to get **shrimp**, drain and rinse **shrimp** using a strainer, then pat dry with paper towels.



Finish and serve

Fluff **rice** with a fork, then add to the pan with **veggies**. Add **remaining gochujang, remaining soy sauce** and **half of the remaining sesame seeds**. Cook, stirring constantly, until **rice** is coated and **veggies** are tender-crisp, 1-2 min. Season with **pepper**, to taste. Divide **fried rice** between bowls. Top with **veggie bulgogi**. Drizzle **gochujang-honey sauce** and **remaining sesame oil** over top, then sprinkle with **green onions** and **remaining sesame seeds**.

Dinner Solved!