



More than Food

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Vegetarian Bibimbap

Bibimbap translates literally to “mixed rice” in Korean. This traditional Korean dish can be made with almost any ingredients, but always starts with a bed of rice and a medley of sautéed vegetables. A perfectly fried egg makes an excellent addition!



40 min



level 2



veggie



nut free



dairy free



gluten free



Wild Mushrooms



Zucchini



Carrot



Broccolini



Scallions



Garlic



Ginger



Brown Rice



Sesame Seeds



Hot Sauce



Soy Sauce



White Wine Vinegar

Ingredients

	2 People	4 People
Wild Mushrooms	8 oz	16 oz
Zucchini	1	2
Carrot	1	2
Broccoli	6 oz	12 oz
Scallions	2	4
Garlic	2 cloves	4 cloves
Ginger	1 thumb	2 thumbs
Brown Rice	¾ C	1 ½ C
Sesame Seeds	1 T	2 T
Hot Sauce	1 T	2 T
Soy Sauce	1)	3 T
White Wine Vinegar	2 T	4 T
Sugar*	1 t	2 t
Olive Oil*	1 T	2 T
Eggs (optional)*	2	4

*Not Included

Allergens

1) Soy

Tools

Large Pot, Large Pan,
2 Small Bowls, Strainer,
Peeler

Nutrition per person Calories: 447 cal | Carbs: 78 g | Fat: 12 g | Protein: 15 g | Fiber: 9 g | Sodium: 1029 mg

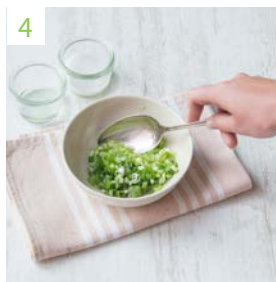
Ruler

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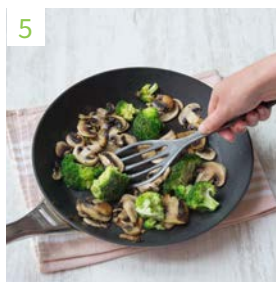
1 Bring a large pot of **water** to a boil with a large pinch of **salt**. Once boiling, add the **rice** and cook for 25-30 minutes. Once the rice is tender, drain and return to the pot. Cover and allow the rice to steam.

2 Peel the **carrot** and shave into ribbons with the peeler, rotating as necessary. Shave the **zucchini** into ribbons, discarding the seedy core. Cut the **broccoli** into bite-sized pieces. Trim, then thinly slice the **scallions**. Thinly slice the **mushrooms**. Peel and mince the **ginger**. Mince or grate the **garlic**.

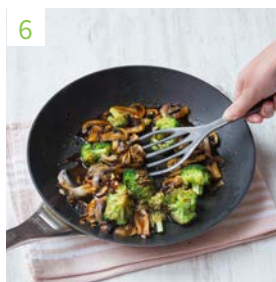


3 **Make the ginger-soy sauce:** combine **soy sauce, sugar, garlic** and **ginger** in a small bowl.

4 **Pickle the scallions:** quickly pickle the **scallions** by marinating them in a small bowl with the **vinegar** and a pinch of **salt**.



5 Heat ½ **tablespoon olive oil** in a large pan over medium heat. Add the **carrots** and season with **salt** and **pepper**. Cook, tossing for 4-5 minutes, until crisp-tender. Set aside. Repeat with the **zucchini**. Set aside. Add the **mushrooms** and **broccoli** to the pan and cook for 7-8 minutes, tossing, until broccoli is tender and mushrooms have browned. Season with **salt** and **pepper**. Set aside. **TIP:** if you have eggs handy, this would be the time to cook 2 sunny side up eggs!



6 Pour the **ginger-soy sauce** into the pan and cook for a minute or two, until thickened.

7 Plate the **rice** and arrange the **zucchini, carrots, broccoli**, and **mushrooms** on top. Top with the **pickled scallions**. Sprinkle with **sesame seeds**. Top with the sunny side up eggs, if using. Drizzle with the **ginger-soy sauce** and **hot sauce**, to taste.