



More than Food

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Marinated Steak Bibimbap

with Shaved Vegetables, Crispy Mushrooms, and Pickled Scallions

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

45 min

level 2

nut free

gluten free

dairy free



Flatiron Steak



Button Mushrooms



Soy Sauce



White Wine Vinegar



Scallions



Garlic



Ginger



Brown Rice



Zucchini



Carrot

Ingredients

| | 2 People | 4 People |
|--------------------|----------|----------|
| Flatiron Steak | 12 oz | 24 oz |
| Button Mushrooms | 4 oz | 8 oz |
| Soy Sauce | 1) 3 T | 6 T |
| White Wine Vinegar | 2 T | 4 T |
| Scallions | 2 | 4 |
| Garlic | 2 cloves | 4 cloves |
| Ginger | 1 thumb | 2 thumbs |
| Brown Rice | ½ C | 1 C |
| Zucchini | 1 | 2 |
| Carrot | 1 | 2 |
| Sugar* | 1 t | 2 t |
| Eggs* | 2) 2 | 4 |
| Olive Oil* | 1 T | 2 T |

*Not Included

Allergens

- 1) Soy
- 2) Eggs

Tools

Large Pot, Strainer, Peeler, Medium Bowl, Large Pan, Small Bowl

Nutrition per person Calories: 613 cal | Carbs: 62 g | Fat: 22 g | Protein: 44 g | Fiber: 6 g | Sodium: 1,128 mg

Make sure to wash and dry produce before prepping or cooking!



1 Cook the rice: 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 to steam.

2 Prep the ingredients: Peel the **carrot** then, with a peeler, shave it into ribbons lengthwise. Repeat with the **zucchini**. Trim the **scallions**, then cut in half lengthwise. Cut each length into 3-inch pieces, then thinly slice the scallion lengthwise into thin matchsticks. Thinly slice the **mushrooms**. Mince or grate the **garlic**. Peel and mince the **ginger**.



3 Marinate the steak: Combine the **soy sauce, garlic, ginger, and 1 teaspoon sugar** in a medium bowl. Thinly slice the **steak** against the grain, then toss into the **marinade** mixture and let sit for 10 minutes.

4 Pickle the scallions: Toss the **scallions** 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** to the pan and cook for 4-5 minutes, tossing, until golden brown and slightly crispy. Season with **salt** and **pepper**.



6 Sear the steak: Heat another ½ **Tablespoon olive oil** in the same pan over medium-high heat. Working in batches, sear each slice of **steak** for about 20 seconds per side, until browned, then set aside. If you have **eggs** handy, this would be the time to fry up **2 sunny side up eggs!**



7 Pour the marinade into the pan and simmer for 1-2 minutes, until reduced and thickened.

8 Serve the rice and arrange the **steak, zucchini, carrots, and mushrooms** on top. Top with the **pickled scallions** and **fried eggs** (if using). Drizzle with the reduced **marinade** and enjoy!

Ruler

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