



ZUCCHINI & MUSHROOM BIBIMBAP BOWLS

with Sweet Sesame Sauce & Fried Egg

INGREDIENTS

2 PERSON | 4 PERSON



1 Thumb | 1 Thumb
Ginger



2 | 2
Scallions



3 oz | 6 oz
Carrot



1 | 2
Zucchini



4 oz | 8 oz
Button Mushrooms



¾ Cup | 1½ Cups
Jasmine Rice



5 tsp | 5 tsp
White Wine Vinegar



1 TBSP | 2 TBSP
Sesame Oil
Contains: Sesame



2 TBSP | 4 TBSP
Soy Sauce
Contains: Soy, Wheat



1 tsp | 1 tsp
Sriracha



2 | 4
Eggs
Contains: Eggs



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken Breast

Calories: 850



10 oz | 20 oz
Ground Beef**

Calories: 1030



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 630



HELLO

BIBIMBAP

This Korean dish translates to “mixed rice.” Ours has savory-sweet veggies, pickled scallions, and a fried egg for a medley of flavors and textures.

LET’S GET CRACKIN’

Always seem to get a little piece of shell in your cracked egg? Instead of chasing it around with a spoon, use one of the broken halves of your eggshell to scoop it up—the jagged edge will cut right through the viscous white.

BUST OUT

- Peeler
- Small pot
- 2 Small bowls
- Large pan
- Medium bowl
- Kosher salt
- Black pepper
- Cooking oil (5 tsp | 5 tsp) (2 tsp | 2 tsp)
- Sugar (1 TBSP | 2 TBSP)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Wash and dry produce.
- Peel and mince or grate **ginger**. Trim and thinly slice **scallions**, separating whites from greens. Trim and peel **carrot**. Using a peeler, shave carrot lengthwise into ribbons, rotating as you go, until you get to the core; discard core. Trim and halve **zucchini** lengthwise; cut crosswise into ¼-inch-thick half-moons. Trim and thinly slice **mushrooms**. (Skip if your mushrooms are pre-sliced!)



4 COOK VEGGIES

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **carrot** and season with **salt** and **pepper**. Cook, stirring, until just tender, 3-4 minutes. Transfer to a medium bowl.
- Add **zucchini** and another **drizzle of oil** to pan. Cook, stirring, until tender, 5-6 minutes. Season with **salt** and **pepper**. Transfer to bowl with carrot.
- Add **mushrooms** and another **drizzle of oil** to pan. Cook, stirring, until tender, 3-5 minutes. Season with **salt** and **pepper**.
- Turn off heat; transfer to same bowl. Wipe out pan.

- Open package of **chicken*** and drain off any excess liquid. Heat a **large drizzle of oil** in pan used for veggies over medium-high heat. Add chicken or **beef***; season with **salt** and **pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



2 COOK RICE

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **ginger** and cook, stirring, until fragrant, 30 seconds.
- Stir in **rice**, **1¼ cups water** (**2¼ cups for 4 servings**), and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



5 FRY EGGS

- Heat a **drizzle of oil** in pan used for veggies over medium heat. Once hot, crack **eggs*** into pan and cover. (For 4 servings, you may want to cook eggs in batches.) Fry eggs to preference. Season with **salt** and **pepper**.



3 MAKE PICKLES & SAUCE

- While rice cooks, in a small bowl, combine **scallion whites**, **vinegar**, and a **pinch of salt**; set aside to pickle.
- In a separate small bowl, combine **sesame oil**, **soy sauce**, **1 TBSP sugar** (**2 TBSP for 4 servings**), and about **half the Sriracha** (save the rest for serving).



6 FINISH & SERVE

- Fluff **rice** with a fork; season with **salt** and **pepper**.
- Divide rice between bowls; arrange **carrot**, **zucchini**, and **mushrooms** on top. Top each bowl with a **fried egg** and **pickled scallion whites** (draining first). Drizzle with **sweet sesame sauce** and **remaining Sriracha** to taste. Sprinkle with **scallion greens** and serve.

- Add **chicken** or **beef** to bowls along with **fried eggs**.

*Wash hands and surfaces after handling raw eggs. Consuming raw or undercooked eggs may increase your risk of foodborne illness.

*Chicken is fully cooked when internal temperature reaches 165°.

*Ground Beef is fully cooked when internal temperature reaches 160°.