



BEEF & VEGGIE BIBIMBAP

with Zucchini, Carrots & Jasmine Rice

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Jasmine Rice



2 | 4
Scallions



6 oz | 12 oz
Carrots



1 | 2
Zucchini



1 Thumb | 2 Thumbs
Ginger



1 Clove | 2 Cloves
Garlic



5 tsp | 10 tsp
White Wine
Vinegar



1 TBSP | 2 TBSP
Sesame Oil



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



2 tsp | 4 tsp
Sriracha



10 oz | 20 oz
Ground Beef

HELLO

BIBIMBAP

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



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 810



HELLO FRESH

IT TAKES TWO

Master multitasker? Heat up a second pan and cook your veggies and beef simultaneously to speed things along.

BUST OUT

- Small pot
- Peeler
- 2 Small bowls
- Large pan
- Kosher salt
- Black pepper
- Sugar (**1 TBSP** | **2 TBSP**)
- Vegetable oil (**1 TBSP** | **1 TBSP**)

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1 COOK RICE

- In a small pot, combine **rice**, **1½ cups water (2¼ cups for 4 servings)**, and a **big 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.



2 PREP

- Meanwhile, **wash and dry all produce**.
- Trim and thinly slice **scallions**, separating whites from greens. Trim and peel **carrots**. Using a peeler, shave carrots lengthwise into ribbons, rotating as you go. Trim and halve **zucchini** lengthwise; thinly slice crosswise into half-moons. Peel and mince **ginger** and **garlic**.



3 MAKE PICKLES & SAUCE

- In a small bowl, combine **scallion whites**, **vinegar**, and a **pinch of salt**. Set aside to pickle, stirring occasionally, until ready to serve.
- In a separate small bowl, combine **sesame oil**, **half the soy sauce** (you'll use the rest later), **1 TBSP sugar (2 TBSP for 4 servings)**, and up to **half the sriracha** to taste. Stir until sugar has dissolved.



4 COOK VEGGIES

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **carrots**; season with **salt** and **pepper**. Cook, stirring, until slightly softened, 3-4 minutes. Remove from pan and set aside.
- Add another **drizzle of oil** to pan. Add **zucchini**; season with **salt** and **pepper**. Cook until browned and tender, 3-5 minutes per side. Remove from pan and set aside with carrots.



5 COOK BEEF

- Heat another **drizzle of oil** in same pan over medium-high heat. Add **beef***, **ginger**, and **garlic**. Cook, breaking up meat into pieces, until beef is browned and cooked through, 4-6 minutes. (If there's excess grease in your pan, carefully pour it out.)
- Add **remaining soy sauce** and cook, stirring, until liquid has mostly evaporated, 1-2 minutes. Season with **salt** and **pepper**.



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt** and **pepper**; divide between bowls. Arrange **beef** and **veggies** on top. Top with **pickled scallion whites** (with their pickling liquid). Drizzle with **sauce** and **remaining sriracha** to taste. Sprinkle with **scallion greens** and serve.

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