



# GARLIC-GINGER PORK BIBIMBAP

with Black Sesame Rice & Green Beans



Cook a bibimbap  
at home



Basmati Rice



Garlic



Ginger



Pork Mince



Carrot



Green Beans



Cucumber



Black Sesame  
Seeds



Chilli Flakes  
(Optional)



Garlic Aioli

Hands-on: **35 mins**  
Ready in: **35 mins**  
Spicy (optional chilli flakes)

Bibimbap – it's fun to say and more fun to eat! This Korean-inspired bowl has an assortment of flavours and textures so that every bite is different, and delicious!

*Each week, we search the country to source the best produce, with a focus on seasonality, quality, and variety. This week's sugar snap peas were not up to our quality standards so we've replaced them with green beans. Don't worry, the recipe will be just as delicious!*

**Pantry Staples:** Olive Oil, Soy Sauce, Brown Sugar, Eggs (optional)

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



### 1 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. 🌱 **TIP:** *The rice will finish cooking in its own steam so don't peek!*



### 2 ADD FLAVOUR TO THE PORK

While the rice is cooking, finely grate the **garlic** (or use a garlic press). Finely grate the **ginger**. In a small bowl, combine the garlic, ginger, **soy sauce**, **brown sugar** and **water (for the sauce)**. In a medium bowl, combine the **pork mince** and **1/2 the ginger-soy mixture** (you'll use the remaining mixture in step 4).



### 3 PREP THE VEG

Cut the **carrot** (unpeeled) into thin matchsticks (or grate if you'd prefer). Trim and halve the **green beans**. Thinly slice the **cucumber** into half-moons.



### 4 COOK THE VEG & PORK

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot** and **green beans** and cook for **2-3 minutes**, or until just softened. Set aside on a plate and cover to keep warm. Increase the heat to high, then add the **pork mince** and cook, breaking up with a wooden spoon, for **4-5 minutes**, or until browned and cooked through. Add the **remaining ginger-soy mixture** and cook stirring, for **1 minute**, or until fragrant. Transfer to a medium bowl and cover to keep warm.



### 5 FRY THE EGG (OPTIONAL)

Wash out the frying pan, then return to a medium-high heat with a **drizzle of olive oil**. Sprinkle a **pinch of chilli flakes** (if using) into the oil, then crack in the **egg** and fry for **4-5 minutes**, or until the yolk is cooked to your liking. 🌱 **TIP:** *This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.* 🌱 **TIP:** *Cook the kids' eggs without the chilli flakes!* Just before serving, stir the **black sesame seeds** through the cooked **rice**. 🌱 **TIP:** *Reserve some plain rice for the kids if you like!*



### 6 SERVE UP

Divide the black sesame rice between bowls and top with the pork, carrot, green beans and cucumber. 🌱 **TIP:** *You can toss everything together to serve if you'd prefer!* Top with the fried egg (if using) and a pinch of chilli flakes (if using). Serve with the **garlic aioli**.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water* (for the rice)	3 cups
basmati rice	2 packets
garlic	2 cloves
ginger	2 knobs
soy sauce*	½ cup
brown sugar*	2 tbs
water* (for the sauce)	2 ½ tbs
pork mince	1 packet
carrot	2
green beans	1 bag (200 g)
cucumber	2
chilli flakes (optional)	pinch
eggs* (optional)	5
black sesame seeds	2 sachets
garlic aioli	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3410kJ (814Cal)	628kJ (150Cal)
Protein (g)	48.4g	8.9g
Fat, total (g)	33.5g	6.2g
- saturated (g)	7.3g	1.3g
Carbohydrate (g)	75.4g	13.9g
- sugars (g)	12.8g	2.4g
Sodium (g)	1630mg	300mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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