



KOREAN PORK BIBIMBAP

with Black Sesame Rice & Sugar Snap Peas



Cook a bibimbap at home



Basmati Rice



Garlic



Ginger



Pork Mince



Carrot



Sugar Snap Peas



Cucumber



Chilli Flakes (Optional)



Black Sesame Seeds



Garlic Aioli

Hands-on: **35 mins**
Ready in: **35 mins**

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional chilli flakes)

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

Pantry Staples: Olive Oil, Soy Sauce (Or Gluten-Free Tamari Soy Sauce), Brown Sugar, Eggs

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**
- **medium frying pan**



1 COOK THE RICE

In a medium saucepan, add the **water (for the rice)** and bring 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 until the rice is tender and the water is absorbed, **10 minutes**. **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, add the **pork mince** and **1/2 the ginger-soy mixture** (you'll use the remaining mixture as a sauce). Mix well to combine.



3 PREP THE VEGGIES

Cut the **carrot** (unpeeled) into thin matchsticks (or grate if you'd prefer!) Thinly slice the **sugar snap peas** into matchsticks (or trim and leave whole if you'd prefer!). Thinly slice the **cucumber** into half-moons.

TIP: We've provided alternative options to prep your veggies to save time!



4 COOK THE VEGGIES & PORK

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



5 FRY THE EGGS

Wash 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 **eggs** and fry until the yolks are cooked to your liking, **4-5 minutes**. **TIP:** This will give a soft yolk, fry for 6-7 minutes to get a hard yolk. Just before serving, stir the **black sesame seeds** through the cooked rice.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
soy sauce* (or gluten-free tamar soy sauce)	¼ cup	½ cup
brown sugar*	3 tsp	1½ tbs
water* (for the sauce)	1 tbs	2 tbs
pork mince	1 packet	1 packet
carrot	1	2
sugar snap peas	1 bag (100g)	1 bag (200g)
cucumber	1	2
chilli flakes (optional)	pinch	pinch
eggs*	2	4
black sesame seeds	1 sachet	2 sachets
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3410kJ (815Cal)	628kJ (150Cal)
Protein (g)	47.3g	8.7g
Fat, total (g)	33.4g	6.2g
- saturated (g)	7.1g	1.3g
Carbohydrate (g)	76.9g	14.2g
- sugars (g)	13.1g	2.4g
Sodium (g)	1650mg	305mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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