

Korean Pork Bibimbap

with Black Sesame Rice & Sugar Snap Peas

Grab your Meal Kit with this symbol



Basmati Rice



Garlic



Ginger



Pork Mince



Carrot



Sugar Snap Peas



Cucumber



Chilli Flakes (Optional)



Black Sesame Seeds



Garlic Aioli

Hands-on: **35-45 mins**
Ready in: **35-45 mins**

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 items

Olive Oil, Soy Sauce, Brown Sugar, Eggs

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
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*	¼ cup	½ cup
brown sugar*	3 tsp	1½ tbs
water* (for the sauce)	1 tbs	2 tbs
pork mince	1 medium packet	1 large packet
carrot	1	2
sugar snap peas	1 bag (100g)	1 bag (200g)
cucumber	1	2
eggs*	2	4
chilli flakes (optional)	pinch	pinch
black sesame seeds	½ sachet	1 sachet
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4072kJ (973Cal)	712kJ (170Cal)
Protein (g)	44.7g	7.8g
Fat, total (g)	52.9g	9.2g
- saturated (g)	12g	2.1g
Carbohydrate (g)	75.6g	13.2g
- sugars (g)	14.2g	2.5g
Sodium (mg)	1609mg	281mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



Cook the veggies & pork

In a large 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. 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.



Add flavour to the pork

While the rice is cooking, finely grate the **garlic** and **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).



Fry the egg

Wash and dry the 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 fry the **eggs** until the yolks are cooked to your liking, **4-5 minutes**. Stir the **black sesame seeds** (see ingredients) through the cooked rice.

TIP: This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.



Prep the veggies

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

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



Serve up

Divide the black sesame rice between bowls and top with the pork, carrot, sugar snap peas and cucumber. Serve with the fried eggs, a pinch of chilli flakes (if using) and the garlic aioli.

TIP: You can toss everything together to serve if you prefer!

Enjoy!