



PLANT-BASED PROTEIN BULGOGI BOWLS

with Carrots, Pickled Cucumber & Sriracha Crema

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
Jasmine Rice



2 | 2
Scallions



5 tsp | 10 tsp
White Wine
Vinegar



1 | 2
Cucumber



4 oz | 8 oz
Shredded Carrots



9 oz | 18 oz
Ground Plant-Based
Protein
Contains: Soy, Tree
Nuts, Wheat



1 TBSP | 1 TBSP
Sesame Seeds



4 oz | 8 oz
Bulgogi Sauce
Contains: Soy, Wheat



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



1 tsp | 2 tsp
Sriracha

HELLO

PLANT-BASED BULGOGI

Ground plant-based protein is simmered in bulgogi sauce for tons of savory, sweet, saucy flavor—minus the meat!



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 800



SLICE SLICE BABY

Cucumber ribbons = maximum marinade absorption. If you'd rather skip the peeler this time around, we suggest thinly slicing your cuke lengthwise in step 2 instead.

BUST OUT

- Small pot
- Medium bowl
- Peeler
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Sugar (**½ tsp** | **1 tsp**)
- Vegetable oil (**2 tsp** | **2 tsp**)
- Butter (**1 TBSP** | **2 TBSP**)
Contains: Milk

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* Plant-Based Protein is fully cooked when internal temperature reaches 165°.



1 COOK RICE & PREP

- **Wash and dry all produce.**
- In a small pot, combine **rice**, **¾ cup water** (**1½ 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.
- Meanwhile, trim and thinly slice **scallions**, separating whites from greens.



4 COOK PLANT-BASED PROTEIN

- Heat another drizzle of **oil** in same pan over medium-high heat. Add **scallion whites** and cook until fragrant, 1 minute.
- Add **plant-based protein*** and a pinch of **salt** and **pepper**. Cook, breaking up into pieces, until browned and warmed through, 4-5 minutes. **TIP: If mixture seems dry, add a splash of water; we used 2 TBSP.**
- Stir in half the **sesame seeds** (save the rest for serving) and remaining **vinegar**. Cook for 30 seconds, then stir in **bulgogi sauce**. Bring to a simmer, then immediately turn off heat. Season again with **salt** and **pepper**.



2 PICKLE CUCUMBER

- In a medium bowl, combine half the **vinegar** (you'll use the rest later), **½ tsp sugar** (**1 tsp for 4 servings**), and a pinch of **salt**.
- Trim ends from **cucumber**. Using a peeler, shave cucumber lengthwise into ribbons, rotating as you go, until you get to the seedy core; discard core.
- Stir ribbons into bowl with **vinegar mixture**. Set aside, tossing occasionally, until ready to serve.



5 MAKE SRIRACHA CREMA

- While plant-based protein cooks, in a small bowl, combine **sour cream** and **sriracha** to taste. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt**.



3 COOK CARROTS

- Heat a drizzle of **oil** in a large, preferably nonstick, pan over medium-high heat. Add **carrots** and cook, stirring, until just tender, 1 minute. Season with **salt** and **pepper**. Turn off heat; transfer to a plate.



6 FINISH & SERVE

- Fluff **rice** with a fork. Stir in **1 TBSP butter** (**2 TBSP for 4 servings**) and season with **salt** and **pepper**; divide between bowls.
- Arrange **plant-based protein**, **carrots**, and **pickled cucumber** on top. **(TIP: Drain any excess liquid from cucumber before adding.)** Drizzle **crema** over everything. Garnish with **scallion greens** and as many remaining **sesame seeds** as you like.