



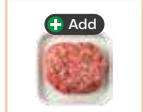
Sheetpan Bibimbap-Inspired Veggie Bowls

with Portabello Mushrooms and Sesame Eggs

Veggie

Spicy

35 Minutes



Ground Beef
250 g | 500 g

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Portobello Mushroom
2 | 4



Jasmine Rice
¾ cup | 1 ½ cup



Egg
2 | 4



Zucchini
1 | 2



Carrot
1 | 2



Green Onion
2 | 4



Gochujang
4 tbsp | 8 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Soy Sauce
1 tbsp | 2 tbsp



Sesame Seeds
1 tbsp | 2 tbsp



Sesame Oil
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook rice

- Before starting, preheat the oven to 450°F. Wash and dry all produce.
- Add **1 cup** (2 cups) **water**, **1 tbsp** (2 tbsp) **butter** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

2



Prep

- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Quarter **zucchini** lengthwise, then cut into ½-inch pieces.
- Halve **mushroom** caps and stems, then cut into ½-inch-thick slices.
- Cut **green onion whites** into 1-inch pieces. Thinly slice remainder.

3



Roast veggies

- Add **carrots**, **zucchini**, **mushrooms**, **green onion whites**, **sesame oil**, **half the soy sauce** and **1 ½ tsp** (3 tsp) **oil** to a parchment-lined baking sheet (**NOTE:** For 4 ppl, use 2 baking sheets, with ½ tbsp oil per sheet.). Season with **salt** and **pepper**, then toss to coat.
- Roast, in the **bottom** of the oven, until beginning to soften, 12-15 min. (**NOTE:** For 4 ppl, roast in the bottom and middle of the oven, rotating sheets halfway through.)

4



Finish prep

+ Add | Ground Beef

- Add **sesame seeds** to an unlined baking sheet. Toast, in the **top** of the oven, stirring halfway through until golden, 4-5 min. (**TIP:** Keep your eye on them so they don't burn.)
- Combine **gochujang** and **remaining soy sauce** in a small bowl.

5



Cook eggs

- Once **veggies** have been roasting for 12-15 min, remove from oven and stir. Make two 3-inch-wide wells (four wells for 4 ppl).
- Drizzle ¼ **tsp oil** into each well then crack an **egg** over top. Season with **salt** and **pepper**.
- Continue roasting until **veggies** are tender-crisp and **eggs** are done to desired likeness, 5-8 min.

6



Finish and serve

+ Add | Ground Beef

- Fluff **rice** with fork, then stir in **half of the gochujang sauce mixture** and **half of the sesame seeds**.
- Add **mayo** to **remaining gochujang sauce mixture**. Stir to combine.
- Divide **rice**, **veggies** and **eggs** between bowls.
- Drizzle **gochujang-mayo** over top.
- Sprinkle **remaining sesame seeds** and **remaining green onions** over top.

4 | Finish prep

+ Add | Ground Beef

If you've opted to get **beef**, heat a large pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then beef. Season with **salt** and **pepper**. Cook, breaking up **beef** and stirring often until **beef** is cooked through, 4-6 min.**

6 | Finish and serve

+ Add | Ground Beef

Top final bowls with **beef**.