



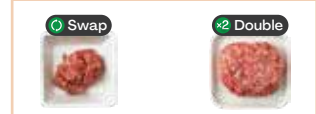
Carb Smart Beef Bibimbap-Inspired Bowls

with Sesame Veggies and Cauliflower Rice

Smart Meal

Spicy

30 Minutes



Ground Turkey
250 g | 500 g

Ground Beef
500 g | 1000 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)



Ground Beef
250 g | 500 g



Cauliflower
285 g | 570 g



Carrot
1 | 2



Sesame Oil
1 tbsp | 2 tbsp



Soy Sauce Mirin Blend
4 tbsp | 8 tbsp



Gochujang
2 tbsp | 4 tbsp



Baby Spinach
28 g | 56 g



Garlic, cloves
2 | 4

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



Prep

- Before starting, wash and dry all produce.

- Halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Finely chop **cauliflower**. (TIP: If you have a food processor, pulse cauliflower until pieces are the size of small peas.)
- If desired, roughly chop **spinach**.
- Peel, then mince or grate **garlic**.
- Combine **gochujang**, **half the sesame oil** and **1 tsp** (2 tsp) **soy sauce mirin blend** in a small bowl. (TIP: If you like raw garlic, add a bit to the sauce.) Set aside.

2



Cook carrots

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, **carrots** and ¼ **cup** (½ **cup**) **water**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **water** is absorbed and **carrots** are tender, 4-5 min.
- Remove from heat. Transfer to a plate, then drizzle **remaining sesame oil** over top.
- Cover to keep warm. Reserve pan to cook **beef** in Step 4.

3



Cook cauliflower rice

- Meanwhile, heat another large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 **tbsp**) **butter**, then **cauliflower rice** and **2 tbsp** (4 **tbsp**) **water**. Cook, stirring occasionally, until softened, 4-5 min.
- Remove from heat. Stir in **spinach** until wilted, 1 min. Season with **salt** and **pepper**. Cover to keep warm.

4 | Cook turkey

Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**.**

4 | Cook beef

*2 Double | **Ground Beef**

If you've opted for **double beef**, cook it in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

4



Cook beef

Swap | **Ground Turkey**

*2 Double | **Ground Beef**

- Meanwhile, reheat the same pan from step 2 over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Reduce heat to medium-low. Carefully drain and discard excess fat.
- Add **remaining soy sauce mirin blend** and **garlic**. Cook, stirring often, until **soy sauce mirin blend** is absorbed, 1 min.

5



Finish and serve

- Divide **cauliflower** between bowls.
- Top with **carrots**, **beef** and **any remaining sauce** in pan.
- Drizzle **gochujang sauce** over top.
- Top with **fried eggs**, if using.

6



Got eggs? (Optional)

- Heat a medium non-stick pan over medium-low heat. When hot, add **2 tbsp** (4 **tbsp**) **butter** and swirl pan, until melted.
- Crack in **two** (four) **eggs**. Season with **salt** and **pepper**. Pan-fry, covered, until **egg white** is set, 2-3 min. (NOTE: The yolk will still be runny. Also, if preferred, pan-fry eggs using 1 **tbsp** oil instead of butter.)

** Cook to a minimum internal temperature of 74°C/165°F.