



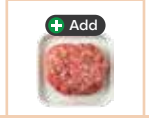
# Spicy Bibimbap-Style Rice Bowls

with Beyond Meat®, Zucchini and Carrots

Veggie

Spicy

30 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)



- Beyond Meat®  
2 | 4
- Jasmine Rice  
¼ cup | 1 ½ cups
- Zucchini  
1 | 2
- Carrot  
1 | 2
- Sesame Seeds  
9 g | 18 g
- Gochujang  
2 tbsp | 4 tbsp
- Green Onion  
2 | 4
- Soy Sauce  
1 tbsp | 2 tbsp
- Honey  
1 | 2
- Sriracha  
2 tsp | 4 tsp

**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** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Using a strainer, rinse **rice** until **water** runs clear.
- Once boiling, add **rice**, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove pot from heat. Set aside, still covered.

2



### Prep and roast veggies

- Meanwhile, peel, then cut **carrot** into ¼-inch matchsticks.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Thinly slice **green onions**.
- Stir together **gochujang**, **half the honey** and **half the soy sauce** in a medium bowl.
- Add **zucchini**, **carrots** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until tender-crisp, 9-12 min.

3



### Toast sesame seeds

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 4-5 min. (**TIP:** Keep your eye on sesame seeds so they don't burn!)
- Transfer to a plate.

4



### Cook Beyond Meat®

+ Add | Ground Beef

- Reheat the same pan over medium-high.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **Beyond Meat® patties**.
- Cook, breaking up **patties** into bite-sized pieces, until slightly crispy, 5-6 min.\*\*
- Remove from heat, then add **remaining soy sauce**, **remaining honey** and **2 tbsp** (4 tbsp) **water**.
- Season with **salt** and **pepper**, then stir to combine.

5



### Finish and serve

- Stir **half the sesame seeds** into the medium bowl with **sauce**.
- Sprinkle **remaining sesame seeds** over **veggies**.
- Fluff **rice** with a fork. Season with **salt** and stir in **half the green onions**.
- Divide **rice** between bowls, then top with **Beyond Meat®** and **veggies**.
- Drizzle with **spicy sesame sauce**, then with **sriracha**, to taste.
- Sprinkle **remaining green onions** over top. (**TIP:** For a real 'bibimbap' experience, mix everything together before eating!)

6



### Got eggs? (optional)

- Heat a large non-stick pan over medium heat.
- When hot, add **½ tbsp oil**, then crack in **eggs**. (**NOTE:** Don't overcrowd the pan; cook eggs in 2 batches for 4 ppl, using ½ tbsp oil per batch!) Season with **salt** and **pepper**.
- Cover and pan-fry until **egg whites** have set, 2-3 min.\*\* (**NOTE:** The yolks will still be runny.)
- Top bowls with **fried eggs**.

Measurements within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 4 | Cook Beyond Meat® and beef

+ Add | Ground Beef

If you've opted to add **beef**, when the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **Beyond Meat® patties** and **beef**. Season with **salt** and **pepper**. Cook, breaking up **beef** and **patties** into bite-sized pieces until **patties** are slightly crispy and **beef** is cooked through, 5-6 min.\*\* Follow the rest of the recipe as written.

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