

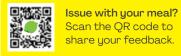
# Bibimbap-Style Rice Bowls

with Beyond Meat®, Zucchini and Carrots

Veggie

Spicy

30 Minutes









Carrot

Zucchini







**Green Onion** 







Honey



## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredien

#### **Bust out**

Baking sheet, medium bowl, vegetable peeler, measuring spoons, strainer, medium pot, parchment paper, measuring cups, large non-stick pan

### Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Jasmine Rice	¾ cup	1 ½ cups
Zucchini	200 g	400 g
Carrot	170 g	340 g
Sesame Seeds	1 tbsp	2 tbsp
Gochujang 🤳	2 tbsp	4 tbsp
Green Onion	2	4
Soy Sauce	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Sriracha 🤳	2 tsp	4 tsp
Oil*		
Salt and Pepper*		

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

#### **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.



- Using a strainer, rinse rice until water runs clear.
- Add **1 cup** (2 cups) **water** and **1/2 tsp** (1/4 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- 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.



#### Prep and make sauce

- Meanwhile, peel, then cut **carrot** into 1/4-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.



#### Roast veggies

- 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.



#### 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-brown,
   4-5 min. (TIP: Keep your eye on sesame seeds so they don't burn!)
- Transfer **sesame seeds** to a plate.



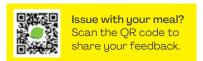
## Cook Beyond Meat®

- Heat the same pan over medium-high.
- When 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
  tbsp (4 tbsp) water. Season with salt and pepper, then stir to combine.



#### 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 drizzle with sriracha, to taste.
- Sprinkle **remaining green onions** over top.



**Dinner Solved!**