



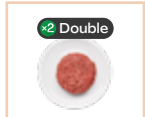
Bibimbap-Style Rice Bowls

with Beyond Meat®, Zucchini and Carrots

Veggie

Spicy

30 Minutes



Beyond Meat®
4 | 8

↗ Custom Recipe + 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
¾ cup | 1 ½ cups



Zucchini
1 | 2



Carrot
1 | 2



Sesame Seeds
1 tbsp | 2 tbsp



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.

Pantry items | Oil, salt, pepper

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

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Using a strainer, rinse **rice** until water runs clear.
- 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.
- 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 make sauce

- 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.

3



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.

4



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 to a plate.

5



Cook Beyond Meat®

- 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.

6



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.

Measurements
within steps

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

5 | Cook Beyond Meat®

×2 Double | Beyond Meat®

If you've opted for **double Beyond Meat®**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of Beyond Meat®**. Work in batches, if necessary.

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



Issue with your meal? Scan the QR code to share your feedback.