

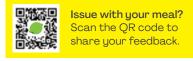
Toasted Sesame-Gochujang Bowls

with Farro and Beyond Meat®

Veggie

Spicy

30 Minutes













Zucchini







Baby Spinach



Crispy Shallots







Sesame Seeds







Rice Vinegar

Soy Sauce

HELLO GOCHUJANG

Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp., (2 tbsp), within steps

Ingredient

Bust out

Vegetable peeler, measuring spoons, strainer, medium pot, 2 small bowls, measuring cups, large non-stick pan

Ingredients

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	2 Person	4 Person
Beyond Meat®	2	4
Farro	½ cup	1 cup
Zucchini	200 g	400 g
Carrot	170 g	340 g
Baby Spinach	28 g	56 g
Garlic, cloves	2	4
Crispy Shallots	28 g	28 g
Gochujang 🤳	2 tbsp	4 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Rice Vinegar	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Sugar*	¾ tsp	1 ½ tsp
Oil*		

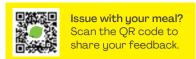
Salt and Pepper*

- ** 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.





- Add farro, 1 tsp (2 tsp) salt and 3 cups (6 cups) water to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium. Cook uncovered, until farro is tender, 18-20 min.
- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **sesame seeds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (TIP: Keep your eye on sesame seeds so they don't burn!)
- Remove from heat. Transfer sesame seeds to a plate.



Prep

- · Peel, then mince or grate garlic.
- Halve zucchini lengthwise, then cut into 1/4-inch half-moons.
- Peel, then cut carrot into 1/4-inch matchsticks.
- Roughly chop spinach.



Make sauces

- Add mayo, half the gochujang,
- 1 tbsp (2 tbsp) water and 1/4 tsp (1/2 tsp) sugar to a small bowl. Season with salt and pepper, to taste, then stir to combine. (NOTE: This is your gochujang mayo.)
- Combine vinegar, soy sauce, 1/2 tsp (1 tsp) sugar and 1 tbsp (2 tbsp) oil in another small bowl. (NOTE: This is your dressing.)



Cook veggies and finish farro

- Heat the same pan (from step 1) over medium-high.
- When hot, add ½ tbsp (1 tbsp) oil, then carrots and zucchini. Season with salt and pepper. Cook, stirring often, until tender-crisp and lightly charred, 3-4 min.
- · Remove from heat, then transfer veggies to a plate. Carefully wipe the pan clean.
- Drain **farro**, then return to the same pot, off heat.
- Add dressing, spinach and half the crispy shallots. Stir to combine, then cover and set aside.



Cook Beyond Meat®

- Heat the same pan over medium-high.
- When hot, add 1/2 tbsp (1 tbsp) oil, then Beyond Meat®. Cook, breaking up patties into bite-sized pieces, until crispy, 4-5 min.**
- Add sesame seeds, garlic, remaining gochujang and ¼ cup (½ cup) water. Cook, until fragrant, 1 min.
- Add veggies. Season with salt and pepper, to taste, then stir to combine.



Finish and serve

- Divide farro and Beyond Meat® mixture between bowls.
- Drizzle **gochujang mayo** over top.
- Sprinkle with **remaining crispy shallots**.

Dinner Solved!