



Toasted Sesame-Gochujang Bowls

with Farro and Beyond Meat®

Veggie

Spicy

30 Minutes



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Beyond Meat®



Farro



Zucchini



Carrot



Baby Spinach



Garlic, cloves



Crispy Shallots



Gochujang



Sesame Seeds



Mayonnaise



Rice Vinegar



Soy Sauce

HELLO GOCHUJANG

This Korean chili paste has distinctive savoury, sweet and spicy notes!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	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*		

* 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.



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1



Cook farro and toast sesame seeds

- 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.

4



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.

2



Prep

- Peel, then mince or grate **garlic**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Peel, then cut **carrot** into ¼-inch matchsticks.
- Roughly chop **spinach**.

5



Cook Beyond Meat®

- Heat the same pan over medium-high.
- When hot, add **½ 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.

3



Make sauces

- Add **mayo**, **half the gochujang**, **1 tbsp** (2 tbsp) **water** and **¼ tsp** (½ 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**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in another small bowl. (**NOTE:** This is your dressing.)

6



Finish and serve

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

Dinner Solved!