



Everything  
But The Chef

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WK35  
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## Quinoa Bibimbap

Foreign words always sound better than the English translation. Bibimbap is a typical Korean family meal of warm rice, various seasonal vegetables, soy and chilli, which literally translates into 'mixed rice'. Our Bibimbap uses quinoa instead, combined with sautéed mushrooms, crunchy vegetables and topped with a fried egg.

**4** **Pantry Items:** Water, Vegetable Oil, Soy Sauce, Sesame Oil

- Prep:** 10 mins
- Cook:** 20 mins
- Total:** 30 mins
- level 2**
- gluten free**
- lactose free**
- nut free**
- spicy**



Quinoa



Mushrooms



Carrot



English Spinach



Birdseye Chilli



Free-Range Eggs



Spring Onions



Black Sesame Seeds

2P	4P	Ingredients	
½ cup	1 cup	quinoa, rinsed	
1½ cups	3 cups	water *	
1 tbs	2 tbs	soy sauce *	
½ tsp	1 tsp	sesame oil, plus a little extra to drizzle *	
1 tbs	2 tbs	vegetable oil *	
1 punnet	2 punnets	mushrooms, roughly chopped	
1	2	carrot, peeled & cut into matchsticks	A
1 bunch	2 bunches	English spinach, washed & finely sliced	B
1	2	birdseye chilli, deseeded & finely chopped	
2	4	free-range eggs	⊕
1 bunch	2 bunches	spring onions, thinly sliced	C
1 tbs	2 tbs	black sesame seeds	

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2050	Kj
Protein	23.6	g
Fat, total	22.6	g
-saturated	3.9	g
Carbohydrate	47.3	g
-sugars	5.4	g
Sodium	383	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chopping board, chef's knife, peeler, sieve, medium saucepan with a lid, medium frying pan, spatula, plate, and foil.*

**1** Place the **quinoa** and water in a medium saucepan and bring to the boil. Cover with a lid and reduce to a medium heat. Simmer for **12-15 minutes** or until the quinoa is tender and the water has absorbed (drain excess water). Stir through the **soy sauce** and **sesame oil** and pop the lid on to keep it warm.



**2** Meanwhile, place a third of the **vegetable oil** in a medium frying pan. Add the mushrooms and cook, stirring, for **2-3 minutes** or until soft. Season with **salt** and **pepper** and remove from the pan. Place on a large plate and cover with foil to keep warm. Add half of the remaining oil to the pan. Cook the carrot for **2 minutes** or until just tender (but still a little crisp). Transfer to the plate and cover with foil. Add the remaining oil to the same pan along with the **English spinach** and **birdseye chilli**. Cook, stirring, for **1-2 minutes** or until wilted. Transfer to the plate with the other vegetables.

**Tip:** Keep the veggies separate for an authentic bibimbap assembly.



**3** Divide the quinoa between the serving bowls. Arrange the vegetables in separate sections on top of the quinoa.

**4** Place the same frying pan back over a medium heat and add a drizzle of oil. Break the **eggs** directly into the pan. Season with salt and pepper and cook for **3-5 minutes** or until the whites set. Top each bowl with a fried egg.

**5** To serve, top with the **spring onions** and **black sesame seeds**.

**Did you know?** Korean cooking is developed around The Five Elements Theory; where colours represent different material elements, emotions and organs.

