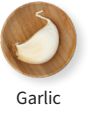


Korean Beef Bibimbap

with Green Beans & Black Sesame Rice



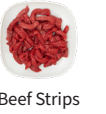
Jasmine Rice



Garlic



Ginger Paste



Beef Strips



Carrot



Green Beans



Capsicum





Black Sesame Seeds




Chilli Flakes (Optional)



Garlic Aioli

 Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 **Naturally Gluten-Free**
Not suitable for coeliacs

 **Spicy (optional chilli flakes)**

Bibimbap translates to “mixed rice” in Korean. It can be made with almost any ingredients, but always starts with a bed of rice and a medley of sautéed veggies. A perfectly fried egg tops it all off in a spectacular fashion!

Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Brown Sugar, Eggs

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
(for the rice)		
jasmine rice	1 medium packet	1 large packet
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
soy sauce*		
(or gluten-free tamari soy sauce)	¼ cup	½ cup
brown sugar*	3 tsp	1½ tbs
water*		
(for the sauce)	1 tbs	2 tbs
beef strips	1 small packet	1 medium packet
carrot	1	2
green beans	1 small bag	1 medium bag
capsicum	1	2
eggs*	2	4
black sesame seeds	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3492kJ (834Cal)	612kJ (146Cal)
Protein (g)	50.9g	8.9g
Fat, total (g)	31.7g	5.6g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	81.2g	14.2g
- sugars (g)	16.5g	2.9g
Sodium (mg)	1630mg	286mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat. Keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the veggies & beef

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Stir-fry the **carrot** and **capsicum**, until just softened, **4-5 minutes**. Transfer to a plate. Return the pan to a medium-high heat. Stir-fry the **green beans**, until tender, **2-3 minutes**. Transfer to the plate with the cooked veggies. Return the pan to a medium-high heat with a drizzle of **olive oil**. Once hot, cook the **beef strips**, in batches, until cooked through, **1-2 minutes**. Transfer to a medium bowl.



Flavour the beef

While the rice is cooking, finely grate the **garlic**. In a small bowl, combine the **garlic, ginger paste, soy sauce, brown sugar** and **water (for the sauce)**. In a medium bowl, combine the **beef strips** and 1/2 the **ginger-soy mixture**. Set aside.



Fry the eggs

Return the pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, crack the **eggs** in the pan. Cook until the egg whites are firm and the yolks are cooked to your liking, **2-3 minutes**. Stir the **black sesame seeds** through the cooked **rice**.

TIP: This will give you a soft yolk. Fry for 6-7 minutes for a hard yolk.



Get prepped

Cut the **carrot** into thin sticks. Trim the **green beans**, then slice lengthways into thin sticks. Slice the **capsicum**.

TIP: If preferred, grate the carrot and roughly chop the green beans so they cook faster!



Serve up

Divide the black sesame rice between bowls. Top with the Korean beef, green beans, carrot and capsicum. Drizzle with the remaining ginger soy sauce mixture. Top with the fried egg and a pinch of **chilli flakes** (if using). Serve with the **garlic aioli**.

TIP: You can toss everything together to serve, if you prefer!

Enjoy!

Rate your recipe

Scan here to rate this recipe!

