



# Korean-Style Beef Bibimbap

with Veggies & Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Ginger Paste



Beef Strips



Carrot



Capsicum



Green Beans



Chilli Flakes (Optional)



Garlic Aioli



Beef Strips

Prep in: **30-40 mins**  
Ready in: **35-45 mins**

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 sautéed veggie medley. This one comes complete with ginger-soy beef, plus a jammy fried egg to bring it all together.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

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

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3402kJ (813Cal)	606kJ (144Cal)
Protein (g)	47.6g	8.5g
Fat, total (g)	32.2g	5.7g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	80.2g	14.3g
- sugars (g)	16.8g	3g
Sodium (mg)	1258mg	224mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4188kJ (1000Cal)	610kJ (145Cal)
Protein (g)	77.5g	11.3g
Fat, total (g)	39.7g	5.8g
- saturated (g)	9.2g	1.3g
Carbohydrate (g)	80.2g	11.7g
- sugars (g)	16.8g	2.4g
Sodium (mg)	1326mg	193mg

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

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## Cook the rice

- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from the heat.
- Keep covered until 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 medium-high heat. Stir-fry **carrot, capsicum and green beans** until just softened, **5-6 minutes**. Transfer to a bowl.
- Return pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, in batches, until cooked through, **1-2 minutes**. Transfer to a second medium bowl.

**TIP:** Cooking the beef in batches over high heat helps it stay tender.

**Custom Recipe:** Heat pan as above. Cook beef strips in batches for best results!



## Flavour the beef

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

**Custom Recipe:** If you've doubled your beef strips, also double the soy sauce, brown sugar and water.



## Fry the eggs

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. When oil is hot, crack the **eggs** into the pan.
- Cook until whites are firm and yolks are cooked to your liking, **4-5 minutes**.



## Get prepped

- Cut **carrot** into thin sticks.
- Thinly slice **capsicum**
- Trim and halve **green beans**.

**TIP:** If you prefer, grate the carrot so it cooks faster!



## Serve up

- Divide rice between bowls. Top with Korean-style beef and the veggies.
- Drizzle remaining ginger-soy mixture over the beef and veggies.
- Top each bowl with a fried egg and a pinch of **chilli flakes** (if using).
- Serve with a dollop of **garlic aioli**. Enjoy!

## Rate your recipe

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