



Korean Beef Bibimbap

with Black Sesame Rice & Garlic Aioli

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Ginger



Beef Strips



Red Onion



Carrot



Green Beans



Black Sesame Seeds



Chilli Flakes (Optional)



Garlic Aioli

- Hands-on: **30-40 mins**
- Ready in: **35-45 mins**
- Spicy (optional chilli flakes)

Bibimbap literally translates to “mixed rice” in Korean. This traditional dish 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, Brown Sugar, Rice Wine Vinegar, 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* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
soy sauce*	¼ cup	½ cup
brown sugar*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
beef strips	1 packet	1 packet
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
carrot	1	2
green beans	1 bag (200g)	1 bag (400g)
eggs*	2	4
black sesame seeds	1 sachet	1 sachet
chilli flakes	pinch	pinch
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3300kJ (788Cal)	594kJ (141Cal)
Protein (g)	54.5g	9.8g
Fat, total (g)	25g	4.5g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	86g	15.5g
- sugars (g)	15.7g	2.8g
Sodium (mg)	2824mg	508mg

Allergens

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

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



1 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 and 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!



4 Cook the veggies & beef

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **green beans** until just softened, **5-6 minutes**. Transfer to a plate. Return the frying pan to a high heat, then cook the **beef strips**, in batches, tossing, until cooked through, **1-2 minutes**. Transfer to a medium bowl.

TIP: Cooking the beef in batches over a high heat helps keep it tender.



2 Marinate the beef

While the rice is cooking, finely grate the **garlic** and **ginger**. In a small bowl, combine the **garlic**, **ginger**, **soy sauce**, **brown sugar** and **water (for the sauce)**. Set aside. In a medium bowl, combine the **beef strips** and 1/2 the **ginger-soy mixture** (you'll use the remaining mixture as a sauce). Toss to coat the beef strips and set aside.

TIP: If you have time, let the beef marinate for 10-15 minutes to help develop flavour.



5 Fry the eggs

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Crack in the **eggs** and fry until the yolk is cooked to your liking, **4-5 minutes**.

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



3 Get prepped

Thinly slice the **red onion** (see ingredients). In a second small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the bowl with just enough **water** to cover the onion. Stir to coat and set aside until serving. Thinly slice the **carrot** into matchsticks (or grate if you prefer!). Trim the **green beans** and cut into 3cm pieces.



6 Serve up

Drain the pickled onion. Stir the **black sesame seeds** through the rice. Divide the black sesame rice between bowls. Top with the Korean beef, veggies and pickled onion. Drizzle with the remaining ginger-soy mixture. Top with a 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!