



# Korean Beef Bibimbap

with Snow Peas & Sesame Rice

Grab your Meal Kit with this symbol



Sesame Seeds



Jasmine Rice



Garlic



Ginger



Beef Strips



Carrot



Snow Peas



Cucumber



Garlic Aioli



Chilli Flakes (Optional)

Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**

Spicy (optional chilli flakes)

Bibimbap translates literally 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!

*Unfortunately, this week's black sesame seeds were in short supply, so we've replaced it white sesame seeds. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Rice Wine Vinegar (or White 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
sesame seeds	1 sachet	2 sachets
water* (for the rice)	1¼ cup	2½ cups
jasmine rice	1 packet	2 packets
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
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
snow peas	1 bag (100g)	1 bag (200g)
cucumber	1	2
garlic aioli	1 packet (50g)	1 packet (100g)
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp
eggs*	2	4
chilli flakes (optional)	pinch	pinch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3322kJ (793Cal)	596kJ (142Cal)
Protein (g)	53.2g	9.6g
Fat, total (g)	29.8g	5.4g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	75.1g	13.5g
- sugars (g)	13.8g	2.5g
Sodium (mg)	1572mg	282mg

## 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.



## Make the sesame rice

Heat a medium saucepan over a medium heat. Add the **sesame seeds** and toast, tossing, until golden, **2-3 minutes**. Add the **water (for the rice)** and bring 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!



## Cook the veggies & beef

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

**TIP:** Cooking the beef in batches keeps it tender.



## 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)**. In a medium bowl, combine the **beef strips** and 1/2 the **ginger-soy mixture** (you'll use the remaining mixture in step 6). Set aside.

**TIP:** If possible, let the beef marinate for **10-15 minutes** to help develop flavour.



## Fry the eggs

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

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



## Get prepped

Cut the **carrot** (unpeeled) into thin matchsticks. Trim the **snow peas** and thinly slice into matchsticks. Thinly slice the **cucumber** into half-moons. In a second small bowl, combine the **garlic aioli** and **rice wine vinegar**.



## Serve up

Divide the sesame rice between bowls and top with the Korean beef, carrot, snow peas and cucumber. Drizzle with the remaining ginger-soy sauce mixture. Top with the fried eggs and a pinch of **chilli flakes** (if using). Serve with the aioli mixture.

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

## Enjoy!