

Korean Pork Bibimbap

with Black Sesame Rice

Grab your Meal Kit with this symbol



Basmati Rice



Garlic



Ginger Lemongrass Paste



Pork Mince



Green Beans



Carrot



Red Onion



Chilli Flakes (Optional)



Black Sesame Seeds



Sesame Oil Blend



Garlic Aioli

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

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional chilli flakes)

Bibimbap – it's fun to say and even more fun to eat! This Korean-inspired bowl has an assortment of flavours and textures so that every bite is different, and delicious!

Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Tamari 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* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
garlic	1 clove	2 cloves
ginger		
lemongrass paste	1 packet	2 packets
soy sauce* (or gluten-free tamari sauce)	¼ cup	½ cup
brown sugar*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
pork mince	1 small packet	1 medium packet
green beans	1 bag (200g)	1 bag (400g)
carrot	1	2
red onion	½	1
eggs*	2	4
chilli flakes (optional)	pinch	pinch
black sesame seeds	½ medium packet	1 large packet
sesame oil blend	½ packet	1 packet
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3876kJ (926Cal)	687kJ (164Cal)
Protein (g)	41.7g	7.4g
Fat, total (g)	48g	8.5g
- saturated (g)	9.2g	1.6g
Carbohydrate (g)	79.2g	14g
- sugars (g)	16.2g	14g
Sodium (mg)	1695mg	300mg

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, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



Cook the veggies & pork

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **green beans** until just tender, **3 minutes**. Add the **carrot** and cook until just softened, **1 minute**. Transfer to a plate. Increase the heat to high, then cook the **pork mince**, breaking up with a spoon, until browned and cooked through, **4-5 minutes**. Add the remaining **ginger-soy mixture** and cook, stirring, until fragrant, **1 minute**. Transfer to a medium bowl.



Flavour the pork

While the rice is cooking, finely grate the **garlic**. In a small bowl, combine the **garlic, ginger lemongrass paste, soy sauce, brown sugar** and **water (for the sauce)**. In a medium bowl, combine the **pork mince** and 1/2 the **ginger-soy mixture** (you'll use the remaining mixture as a sauce).



Fry the egg

Wash and dry the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Sprinkle a pinch of **chilli flakes** (if using) into the oil, then crack in the **eggs** and fry until the yolks are cooked to your liking, **4-5 minutes**. Just before serving, stir the **black sesame seeds** (see ingredients) and **sesame oil blend** (see ingredients) through the cooked rice.

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



Prep the veggies

Trim and halve the **green beans**. Cut the **carrot** into thin sticks (or grate if you prefer!). Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **vinegar, the salt and sugar**. Scrunch the **onion** in your hands, then add to the **pickling liquid**. Add just enough **water** to cover the **onion** and set aside until serving.

TIP: If you don't like pickled onion, skip this step and cook the onion in step 4 with the pork.



Serve up

Drain the pickled onion. Divide the black sesame rice between bowls and top with the pork, green beans, carrot and pickled onion. Top with the fried eggs and a pinch of **chilli flakes** (if using). Serve the **garlic aioli** on the side.

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

Enjoy!