



Korean-Style Beef Bibimbap

with Veggies & Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Carrot



Sweetcorn



Shredded Cabbage Mix



Chilli Flakes (Optional)



Ginger Paste



Beef Strips



Garlic Aioli

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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

Naturally Gluten-Free
Not suitable for coeliacs

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.

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* (for the rice)	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
soy sauce* (or <i>gluten-free tamari soy sauce</i>)	¼ cup	½ cup
brown sugar*	3 tsp	1 ½ tbs
water* (for the sauce)	1 tbs	2 tbs
beef strips	1 small packet	1 medium packet
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
eggs*	2	4
shredded cabbage mix	1 medium bag	1 large bag
chilli flakes (optional)	pinch	pinch
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3483kJ (832Cal)	657kJ (157Cal)
Protein (g)	48.3g	9.1g
Fat, total (g)	32.7g	6.2g
- saturated (g)	6.1g	1.2g
Carbohydrate (g)	81.6g	15.4g
- sugars (g)	14.8g	2.8g
Sodium (mg)	1784mg	337mg

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.

We're here to help!

Scan here if you have any questions or concerns

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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 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** and **corn** until just softened, **5-6 minutes**. Transfer to a bowl.
- Return pan to medium-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.



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.



Fry the eggs

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. When oil is hot, crack **eggs** into pan.
- Cook until whites are firm and yolks are cooked to your liking, **2-3 minutes**.

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



Get prepped

- Cut **carrot** into thin sticks.
- Drain the **sweetcorn**.

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



Serve up

- Divide rice between bowls. Top with **shredded cabbage mix**, 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!

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