



# 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



Cucumber



Broccoli



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 diverse 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!

*Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!*

## 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
water* (for the onion)	¼ cup	½ cup
carrot	1	2
cucumber	1 (medium)	1 (large)
broccolini	1 bunch	1 bunch
eggs*	2	4
black sesame seeds	1 sachet	1 sachet
chilli flakes (optional)	pinch	pinch
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3400kJ (813Cal)	572kJ (137Cal)
Protein (g)	48.3g	8.1g
Fat, total (g)	32.7g	5.5g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	78.2g	13.1g
- sugars (g)	14.7g	2.5g
Sodium (mg)	2790mg	468mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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, 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!



## Cook the veggies & beef

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

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



## Pan-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**. Stir the **black sesame seeds** through the cooked **rice**.

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



## Get prepped

Thinly slice the **red onion** (see ingredients). In a second small bowl, combine the **rice wine vinegar**, **water (for the onion)** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the **pickling liquid** and stir to coat. Set aside until serving. Thinly slice the **carrot** (unpeeled) into matchsticks (or grate if you prefer!). Thinly slice the **cucumber** into half-moons. Trim the **broccolini** and cut into 3cm pieces.



## Serve up

Drain the pickled onion. Divide the black sesame rice between bowls and top with the Korean beef, veggies, cucumber 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!