



# BROWN RICE BIBIMBAP

with Veggie Ribbons and Soy-Ginger Sauce



## HELLO BIBIMBAP

The Korean mixed rice bowl that's always packed with veggies

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 520

-  Brown Rice
-  Carrot
-  Zucchini
-  Scallions
-  Mushrooms
-  Garlic
-  Ginger
-  White Wine Vinegar
-  Soy Sauce  
(Contains: Soy)
-  Baby Broccoli
-  White Sesame Seeds
-  Hot Sauce



## START STRONG

If you have one, put an egg on it! A fried egg is a delightful finishing touch for this dish.

## BUST OUT

- Large pot
- Strainer
- Peeler
- 2 Small bowls
- Large pan
- Sugar (1 tsp | 2 tsp)
- Oil (1 TBSP | 2 TBSP)

## INGREDIENTS

Ingredient 2-person | 4-person

- |                      |                     |
|----------------------|---------------------|
| • Brown Rice         | ¾ Cup   1½ Cups     |
| • Carrot             | 1   2               |
| • Zucchini           | 1   2               |
| • Scallions          | 2   4               |
| • Mushrooms          | 4 oz   8 oz         |
| • Garlic             | 2 Cloves   4 Cloves |
| • Ginger             | 1 Thumb   2 Thumbs  |
| • White Wine Vinegar | 2 TBSP   4 TBSP     |
| • Soy Sauce          | 3 TBSP   4 TBSP     |
| • Baby Broccoli      | 6 oz   12 oz        |
| • White Sesame Seeds | 1 TBSP   2 TBSP     |
| • Hot Sauce          | 3 tsp   6 tsp       |

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## 1 COOK RICE

Bring a large pot of **water** to a boil with a large pinch of **salt**. Once boiling, add **rice** and cook until tender, 25-30 minutes. Drain and return to pot. Keep covered until rest of meal is ready.



## 4 COOK VEGGIES

Heat a drizzle of **oil** in a large pan over medium heat. Add **carrot**. Season with **salt** and **pepper**. Cook until tender but still crisp, 4-5 minutes, tossing frequently. Remove from pan and set aside. Add another teaspoon **oil** to pan and repeat with **zucchini**, removing from pan once cooked. Add **baby broccoli**, **mushrooms**, and a drizzle of **oil** to pan and toss until tender, 6-8 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.



## 2 PREP VEGGIES

### Wash and dry all produce.

While **rice** cooks, peel **carrot**. Using a vegetable peeler, shave it into ribbons, running blade down the length. Repeat with **zucchini**. Trim **scallions**, then thinly slice into 3-inch-long, matchstick-sized strands. Chop **baby broccoli** into bite-sized pieces. Thinly slice **mushrooms**. Mince or grate **garlic**. Peel and mince **ginger**.



## 5 SIMMER SAUCE

Pour **soy sauce mixture** into same pan. Bring to a simmer and let cook until slightly thickened, 1-2 minutes.



## 3 PICKLE SCALLIONS AND MAKE SAUCE

In one small bowl, toss **scallions** with **white wine vinegar** and a pinch of **salt**. Set aside to allow **scallions** to quick-pickle. In another small bowl, stir **soy sauce**, **garlic**, **ginger**, and **1 tsp sugar** until sugar dissolves.



## 6 PLATE AND SERVE

Divide **rice** between plates. Arrange **carrots**, **zucchini**, **baby broccoli**, and **mushrooms** on top. (**TIP:** If adding an egg, place it on top of veggies.) Garnish with **scallions** and **sesame seeds**. Drizzle with **sauce** from pan and **hot sauce** (to taste).

## GORGEOUS!

Those veggie ribbons are looking, tasting great.