# **Mushroom Bibimbap Quinoa Bowl**

with Eggs and Spinach

If you don't get round to cooking this one during the week, have it as a weekend brunch bowl!

# hellóchef

Cals 446 • Prot 22 • Carbs 53 • Fat 18

Vegetarian

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#### Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

#### Ingredients

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Mushroom bibimbap	2 ppl	3 ppl	4 ppl	
Shiitake mushroom	200	400	400	Grams
Oyster mushrooms	300	300	600	Grams
Garlic cloves	2	3	4	Pieces
Ginger	30	45	600	Grams
Vegetable oil	3	5	6	Tbsp
Salt	0.5	0.5	0.5	Tsp
Soy sauce <b>9*, 10*, 11*</b>	20	30	40	ML
Brown sugar	5	5	10	Grams
Gochujang 9*	10	15	20	Grams
Black pepper	0.5	0.5	0.5	Tsp
Quinoa				
White quinoa	100	150	200	Grams
Water	250	375	500	ML
Salt	0.5	0.5	1	Tsp
Extras				
Carrot	2	3	4	Pieces
Baby spinach	125	125	125	Grams
Sesame oil 3*, 9*	15	15	15	ML
Sesame seeds 3*	10	15	20	Grams
Organic Eggs 5*	2	3	4	Pieces
Salt	0.5	0.5	0.5	Tsp
Chilli flakes	2	2	2	Grams
Allergene				

## **Allergens**

\*9 Soya, \*10 Wheat, \*11 Gluten, \*3 Sesame Seeds, \*5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.

#### Nutritional information Per Serving\*

Energy (kJ/kcal)	1864 / 446
Fat (g)	17.5
of which saturates (g)	3.5
Carbohydrate (g)	53
of which sugars (g)	6.8
Fiber (g)	7.1
Protein (g)	21.5
Salt (g)	2.3

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



#### 1 Prep mushrooms

Clean the **shiitake** and **oyster mushrooms** with kitchen paper or a cloth (don't wash). Chop the **mushrooms**. Peel and finely grate the **garlic** and **ginger**. Peel and coarsly grate the **carrot**.



#### 2 Boil quinoa

Place the dry **quinoa** in a bowl and cover with warm **water**. Drain in a fine sieve. Add the measured **water** to a saucepan and bring it to a boil over a high heat. Once boiling, add the **quinoa** and **salt**. Reduce the heat to medium-low, cover with a lid and simmer for 15 min or until the liquid is fully absorbed and the **quinoa** is tender.



### 3 Fry mushrooms

Meanwhile, heat a large pan over a high heat with a drizzle of **vegetable oil**. Once hot, add the **mushrooms** and fry with a pinch of **salt** for 7–8 min until the moisture has evaporated and the **mushrooms** are well browned and starting to crisp.



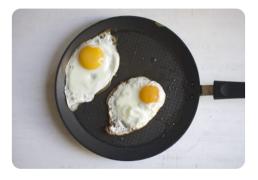
#### 4 Season mushrooms

Add the garlic, ginger, soy sauce, brown sugar, gochujang paste (spicy!) and black pepper to the mushrooms. Reduce the heat to low and cook for a final 2 min. Transfer to a bowl and cover to keep warm until serving.



# 5 Prep spinach

Meanwhile, boil a kettle. Place the **spinach** in a colander and pour the freshly boiled **water** from the kettle over it. Once the **spinach** is cool enough to handle, give it a good squeeze. Mix the **sesame oil** and **sesame seeds** with the squeezed **spinach**. Season with a pinch of **salt**.



# 6 Fry eggs and assemble

Return the pan to a medium heat with a drizzle of oil. Crack the eggs into the pan and fry for 2-4 min (for a set egg yolk, cover the pan with a lid). Season with a pinch of salt. Divide the quinoa among shallow bowls. Top with the bibimbap mushrooms, grated carrot, sesame spinach and fried eggs. Garnish with a pinch of chilli flakes (spicy!).