

# Mushroom Bibimbap Quinoa Bowl

## with Eggs and Spinach

**hellóchef**

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

Cals 446 • Prot 22 • Carbs 53 • Fat 18

**Vegetarian**

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R3036



Before you start

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

Ingredients

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 9*, 10*, 11*	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

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!)**.