

Korean Bibimbap

with Spiced Beef, Sesame Kale, Eggs and Kimchi

hellóchef

Bibimbap is one of Korea's best known dishes. Rice is topped with a mixture of sautéed vegetables and marinated beef.

Cals 904 • Prot 57 • Carbs 89 • Fat 37

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🕒 cook: 30 min

R3417



Before you start

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

Ingredients

Marinated beef	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Garlic cloves	2	3	4	Piece
Gochujang 9*	10	15	30	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Sesame oil 3*, 9*	15	22	30	ML
Honey	15	15	30	Grams
Vegetables				
Kale	100	200	200	Grams
Bean sprouts	50	75	100	Grams
Spring onion	40	60	80	Grams
Carrot	1	1	2	Piece
Lime	1	1	2	Piece
Olive oil	2	3	4	Tbsp
Tamari 9*	15	22	30	ML
Sesame seeds 3*	10	15	20	Grams
Kimchi 6*, 7*	150	150	300	Grams
Black sesame seeds 3*	10	15	20	Grams
Egg and rice				
Sushi rice	150	225	300	Grams
Salt	1	1	2	Tsp
Water	300	450	600	ML
Rice vinegar	15	22	30	ML
Organic Eggs 5*	2	3	4	Piece

Allergens

*9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *6 Fish, *7 Crustaceans, *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)	3785 / 904
Fat (g)	37
of which saturates (g)	11.3
Carbohydrate (g)	89
of which sugars (g)	12.4
Fiber (g)	10
Protein (g)	57.1
Salt (g)	4.7

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



1 Make sauce

Peel and mince the **garlic**. In a large bowl, combine the **gochujang (spicy!)**, **soy sauce**, **sesame oil** and **garlic** with the **honey**. Set aside. This is your **sauce**.



2 Rice

Rinse the **sushi rice** in cold **water**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 15 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from the heat and keep covered. Once cooled, add the **rice vinegar** and stir to combine.



3 Prep

Meanwhile, boil a kettle. Strip the **kale** from its stem. Discard the stem. Place the **bean sprouts** in a colander and pour boiling water over them. Finely slice the **spring onions**. Peel and grate the **carrots**. Add the **carrots** to a bowl with a drizzle of **lime**. Set aside.



4 Sauté

Heat a pan over a medium heat with a drizzle of **oil**. Add the **kale** and cook, covered, for 3-4 min. Add the **tamari** and **sesame seeds** to the pan and cook for 4 min further or until tender. Transfer to a plate and set aside. Reserve the pan.



5 Fry

Wipe the reserved pan clean and return it to a high heat with a drizzle of **oil**. Cook the **beef mince** for 4 min or until crispy. Add the **sauce** and simmer for 2 min further. Transfer to a plate.



6 Eggs

Meanwhile, heat a second pan with a drizzle of **oil** over a high heat. Crack the **eggs** into the pan and fry for 2-4 min. Divide the **rice** among bowls and top with the **bean sprouts**, **carrots**, **sesame kale**, **kimchi** and **beef**. Serve the fried **eggs** over the top. Garnish with the **spring onions** and **black sesame seeds**.