



### Product Spotlight: Peanuts

Peanuts are a great source of protein. They also contain healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.



## Crispy Chicken Bibimbap with Pickled Vegetables

Crispy ginger chicken mince served over brown rice with pickled vegetable topping, shallots and peanuts, and a homemade bibimbap sauce.

25 minutes

4 servings

Chicken

19 May 2023

### Spice it down!

*To reduce spice levels in the sauce you can remove the seeds from the chilli. Alternatively, omit the chilli from the sauce. Slice and serve to taste.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	12g	46g

## FROM YOUR BOX

BROWN RICE	300g
LEBANESE CUCUMBERS	2
CARROT	1
GINGER	60g
CHICKEN MINCE	600g
RED CHILLI	1
KAI LAN	1 bunch
GARLIC CLOVES	2
SHALLOT+PEANUT MIX	60g

## FROM YOUR PANTRY

sesame oil, salt, hoisin sauce, rice vinegar (see notes), sugar of choice

## KEY UTENSILS

frypan, saucepan, food processor

## NOTES

Substitute rice vinegar for white vinegar, white wine vinegar or apple cider vinegar.

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.



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### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



### 2. PICKLE THE VEGETABLES

In a non-metallic bowl (see notes) whisk together **1/2 cup vinegar**, **1/4 cup water**, **2 tsp salt** and **2 tsp sugar**. Ribbon cucumbers and ribbon or julienne carrot. Add to bowl and toss to combine with pickling liquid.



### 3. COOK THE CHICKEN

Heat a frypan over medium–high heat with **sesame oil**. Peel and grate ginger. Add to pan as you go along with chicken mince. Use the back of a spoon to break up lumps. Cook for 4–6 minutes until browned and cooked through. Remove to a bowl and keep pan over heat.



### 4. MAKE BIBIMBAP SAUCE

Meanwhile, trim and roughly chop chilli (see front page). Add to a food processor along with **2 tbsp hoisin sauce**, **2 tbsp sesame oil**, **3 tbsp vinegar** and **1 tbsp water**. Blend to combine.



### 5. COOK THE GREENS

Trim and halve kai lan. Add to reserved frypan along with crushed garlic. Cook for 2–4 minutes until stems are tender.



### 6. FINISH AND SERVE

Drain pickles.

Divide rice among bowls. Top with pickles, chicken mince and greens. Serve with bibimbap sauce, shallots and peanuts.

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