



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.



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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