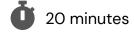


2 Beef Bibimbap

with Rice

A basmati rice bowl with sesame beef mince and fresh veggie toppings, finished with GH Produce's locally made Asian dressing, crispy shallots and sesame seeds.





2 servings



Switch the Veg!

You can substitute the fresh toppings for cooked veggies instead! Mushrooms, corn, zucchini and spring onions are delicious with this dish!

FROM YOUR BOX

BASMATI RICE	150g
BEEF MINCE	300g
ASIAN DRESSING	1 bottle
CARROT	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 bag (200g)
FRIED SHALLOT/SESAME MIX	1 packet (30g)
ASIAN GREENS	1 bunch
SLICED MUSHROOMS	1 punnet

FROM YOUR PANTRY

salt, pepper, sesame oil

KEY UTENSILS

large frypan, saucepan

NOTES

Shake the dressing bottle well before serving.

No beef option - beef mince is replaced with chicken mince. Increase cooking time to 4-5 minutes or until cooked through.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. COOK THE BEEF

Heat a frypan over medium-high heat with sesame oil. Add beef mince to pan along with 1 tbsp Asian dressing, salt and pepper. Cook for 5 minutes.

****** VEG OPTION - Chop Asian greens. Cook in pan with mushrooms as above.



3. PREPARE THE TOPPINGS

Meanwhile, julienne or ribbon carrot using a vegetable peeler. Slice cucumber and halve tomatoes.



4. FINISH AND SERVE

Divide rice, beef and toppings among bowls. Garnish with fried shallots/sesame mix and serve with remaining Asian dressing to taste (see notes).

Solution • VEG OPTION - Divide rice, mushrooms and toppings among bowls. Garnish as above.

