



# Sticky Sweet Potato Bibimbap

with Spinach, Pickled Cucumber and Sesame Mayo

Classic 30-35 Minutes • Mild Spice • 4 of your 5 a day

21



Sweet Potato



Jasmine Rice



Cucumber



Rice Vinegar



Roasted White Sesame Seeds



Gochujang Paste



Honey



Baby Spinach



Ketjap Manis



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, saucepan, lid, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Jasmine Rice	150g	225g	300g
Cucumber**	½	¾	1
Rice Vinegar	15ml	22ml	30ml
Roasted White Sesame Seeds <b>3</b>	5g	7g	10g
Gochujang Paste <b>11</b>	50g	60g	100g
Honey	15g	30g	30g
Baby Spinach**	100g	150g	200g
Ketjap Manis <b>11</b>	25g	25g	50g
Diced Chicken Breast**	260g	390g	520g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for Pickling*	1 tsp	1½ tsp	2 tsp
Mayonnaise*	3 tbsp	4 tbsp	6 tbsp
Water for the Mayo*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	542g	100g	672g	100g
Energy (kJ/kcal)	3245 / 775	599 / 143	3892 / 930	579 / 138
Fat (g)	18.1	3.3	20.5	3.0
Sat. Fat (g)	1.8	0.3	2.5	0.4
Carbohydrate (g)	136.4	25.2	136.6	20.3
Sugars (g)	36.7	6.8	36.8	5.5
Protein (g)	15.0	2.8	46.5	6.9
Salt (g)	2.93	0.54	3.13	0.47

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 3) Sesame **11**) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

**TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Mix up the Sauces

In a small bowl, combine the **mayo** and **water for the mayo** (see pantry for amount) with the **sesame seeds**. Mix together, then set aside your **sesame mayo**.

Put the **gochujang paste** in another small bowl and mix in the **honey** and **water for the sauce** (see pantry for amount). Set aside your **sticky gochujang sauce**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



## Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Bring on the Spinach

When the **sweet potato** has 5 mins left, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **spinach**. Season with **salt** and **pepper**. Stir-fry until wilted, 1-2 mins, reducing the heat slightly if needed.

Once wilted, stir in the **ketjap manis**. Cook for 1 min, then remove from the heat.

## CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before the **spinach**, then season and fry until golden brown on the outside and cooked through, 8-10 mins, then add the **spinach** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Pickled Cucumber Time

In the meantime, trim the **cucumber** (see ingredients for amount), then halve lengthways. Thinly slice widthways.

In a medium bowl, combine the **rice vinegar** and **sugar for pickling** (see pantry for amount). Season with **salt** and **pepper**, then add the **cucumber**.

Mix together well, then set aside to pickle.



## Finish and Serve

Once roasted, remove the **sweet potato** from the oven and stir through the **sticky gochujang sauce**. Fluff up the **rice** with a fork, then share between your bowls.

Top with the **roasted gochujang sweet potatoes**, **spinach** and **cucumber pickle** in separate sections. Spoon over the **pickling liquid** from the **cucumber** and drizzle with the **sesame mayo** to finish.

## Enjoy!