



Sticky Sweet Potato Bibimbap

with Spinach, Pickled Cucumber and Sesame Mayo

Classic 25-35 Minutes • Mild Spice • 2 of your 5 a day

20



Sweet Potato



Jasmine Rice



Cucumber



Rice Vinegar



Roasted White Sesame Seeds



Gochujang Paste



Honey



Baby Spinach



Ketjap Manis



King Prawns

Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise

+ Add King Prawns

If you chose to add king prawns, 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. Ingredients in red are hot!

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 3 | 5g | 7g | 10g |
| Gochujang Paste 11 | 50g | 60g | 100g |
| Honey | 15g | 30g | 30g |
| Baby Spinach** | 100g | 150g | 200g |
| Ketjap Manis 11 | 25g | 25g | 50g |
| King Prawns* 5 | 150g | 225g | 300g |
| 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 | 714g | 100g | 789g | 100g |
| Energy (kJ/kcal) | 3230 / 772 | 452 / 108 | 3396 / 812 | 430 / 103 |
| Fat (g) | 18.1 | 2.5 | 18.5 | 2.3 |
| Sat. Fat (g) | 1.8 | 0.3 | 2.0 | 0.3 |
| Carbohydrate (g) | 136.4 | 19.1 | 136.4 | 17.3 |
| Sugars (g) | 36.7 | 5.1 | 36.7 | 4.6 |
| Protein (g) | 14.5 | 2.0 | 23.5 | 3.0 |
| Salt (g) | 3.03 | 0.42 | 4.05 | 0.51 |

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

Allergens

3 Sesame **5** Crustaceans **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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

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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**.

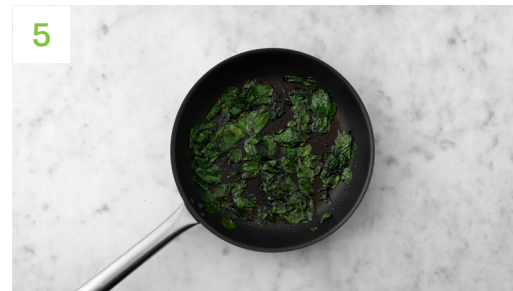
In another small bowl, add the **gochujang** (add less if you'd prefer things milder) and mix in the **honey** and **water for the sauce** (see pantry for amount). Set aside your **sticky gochujang sauce**. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**



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 potatoes** have 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 and piping hot, 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.

+ Add King Prawns

If you're adding **prawns**, drain them, then add to the pan before the **spinach**. Fry, 4-5 mins. Add the **spinach** and continue as instructed. **IMPORTANT: Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.**

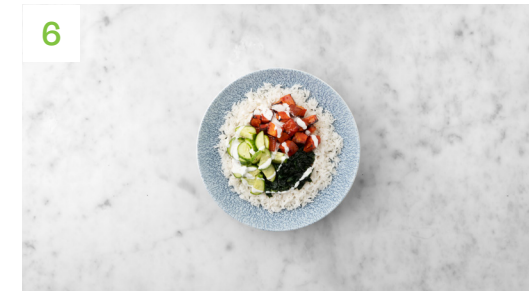


Pickled Cucumber Time

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 potatoes** 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 **cucumber pickling liquid** and drizzle with the **sesame mayo** to finish.

Enjoy!