

# Sticky Sweet Potato Bibimbap

with Spinach, Pickled Cucumber and Sesame Mayo

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

43



Sweet Potato



Ginger Puree



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!

Colourful and nourishing, this Korean dish's name is a combination of two sounds - bibim (mixed) and bap (rice). Here, we're using gochujang roasted sweet potato, cucumber pickle and sesame mayo for a delicious veggie version.



## 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
Ginger Puree	15g	22g	30g
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
King Prawns* <b>5</b>	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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	722g	100g	797g	100g
Energy (kJ/kcal)	3272 /782	453 /108	3463 /828	435 /104
Fat (g)	18.2	2.5	18.6	2.3
Sat. Fat (g)	1.8	0.3	2.0	0.3
Carbohydrate (g)	138.1	19.1	138.1	17.3
Sugars (g)	37.0	5.1	37.0	4.6
Protein (g)	14.9	2.1	25.4	3.2
Salt (g)	3.48	0.48	4.50	0.56


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**.

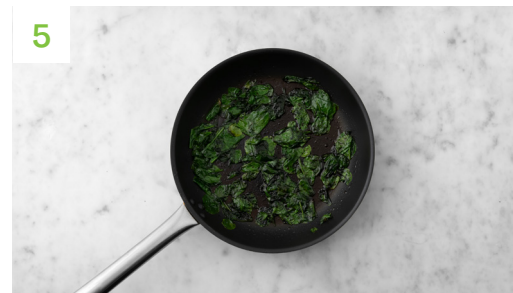
In another small bowl, add the **gochujang** (add less if you'd prefer things milder) and mix in the **honey** and **water for the sauce** (see pantry for amount). Set aside your **sticky gochujang sauce**. **TIP:** If your *honey has hardened*, pop it in a bowl of hot water for 1 min.



## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid. Stir in the **ginger puree**, **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, then 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!