



Honey-Gochujang Tofu Bibimbap with Pickled Radishes and Ginger Mushrooms

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day

22



Garlic Clove



Jasmine Rice



Radishes



Rice Vinegar



Sliced Mushrooms



Tofu



Cornflour



Ginger Puree



Gochujang Paste



Honey



Roasted White Sesame Seeds



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Butter, Sugar

CUSTOM RECIPE

If you chose to swap or upgrade your 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. Ingredients in red are hot!

Cooking tools

Garlic press, saucepan, lid, bowl, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Jasmine Rice	150g	225g	300g
Radishes**	100g	150g	200g
Rice Vinegar	22ml	37ml	44ml
Sliced Mushrooms**	120g	180g	240g
Tofu** (1)	280g	420g	560g
Cornflour	20g	30g	40g
Ginger Puree	15g	22g	30g
Gochujang Paste (1)	50g	80g	100g
Honey	15g	22g	30g
Roasted White Sesame Seeds (3)	5g	7g	10g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	406g	100g	396g	100g
Energy (kJ/kcal)	2737 / 654	674 / 161	2664 / 637	673 / 161
Fat (g)	20.4	5.0	13.1	3.3
Sat. Fat (g)	7.2	1.8	6.4	1.6
Carbohydrate (g)	91.7	22.6	87.8	22.2
Sugars (g)	16.4	4.0	15.6	3.9
Protein (g)	26.4	6.5	40.2	10.2
Salt (g)	2.44	0.6	2.5	0.63

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

Allergens

3) Sesame (1) 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.

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Cook the Garlic Rice

Peel and grate the **garlic** (or use a garlic press). Pop a deep saucepan (with a tight-fitting lid) on medium heat with **half the butter** (see pantry for amount). When melted, add the **garlic** and stir-fry for 30 secs. Stir in the **rice** until coated, 1 min. Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) 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).



Fry the Ginger Mushrooms

Once the **mushrooms** have browned, reduce the heat to medium, then add the **ginger puree** and remaining **butter** to the pan.

Fry until the **ginger** is fragrant and the **butter** has melted, 1 min.

Transfer the **ginger mushrooms** to a medium bowl and cover with a lid or foil to keep warm.



What a Pickle

While the **rice** cooks, thinly slice the **radishes**. Pop the **radishes** into a small bowl and add the **rice vinegar** and **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix together and set aside. Set aside to pickle.



Bring on the Spicy Sauce

Carefully wipe out the (now empty) frying pan and return to a medium-high heat with a drizzle of **oil**. Once hot, fry the **tofu** until golden, 8-10 mins. Turn frequently to ensure it doesn't burn. Reduce the heat to medium, stir in the **gochujang paste**, **honey** and **water for the sauce** (see pantry for amount). Stir frequently until the **sauce** has thickened slightly, 1-2 mins. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Tofu Time

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until browned, 5-6 mins. Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper. Add the **tofu** to a medium bowl with the **cornflour**. Season with **salt** and **pepper**, then toss to coat. Set aside for now.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **tofu**, coat the **chicken** in the **cornflour** in the same way, then set aside. Fry for the same amount of time in step 5. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Finish and Serve

Stir the **pickling liquid** from the **radishes** through the **cooked rice** and fluff it up with a fork, then share between your bowls. Top with the **honey-gochujang tofu**, **ginger mushrooms** and **pickled radishes** in separate sections. Sprinkle over the **sesame seeds** to finish.

Enjoy!