

MARLEY SPOON



Fast! Turkey Bibimbap with Mushrooms

& a Fried Egg on Top



ca. 20min



2 Servings

Is it possible to get dinner on the table in 20 minutes without sacrificing flavor? Yes! The trick to a speedy weeknight meal is working smarter not harder. Here we put pre-cooked rice and quick-cooking ground turkey to work. Flavor-packed ingredients like gochujang, a spicy Korean red chili paste, umami-rich mushrooms, spinach, and sesame seeds add layers of complexity to this seemingly simple bowl.

What we send

- 10 oz pkg ground turkey
- ½ oz tamari soy sauce ⁶
- 1 oz gochujang ⁶
- 2 oz shiitake mushrooms
- 5 oz baby spinach
- ¼ oz pkt toasted sesame seeds ¹¹
- 10 oz ready to heat jasmine rice
- garlic

What you need

- sugar
- apple cider vinegar (or white wine vinegar)
- neutral oil
- kosher salt & ground pepper
- 2 large eggs ³

Tools

- medium nonstick skillet
- microwave

Cooking tip

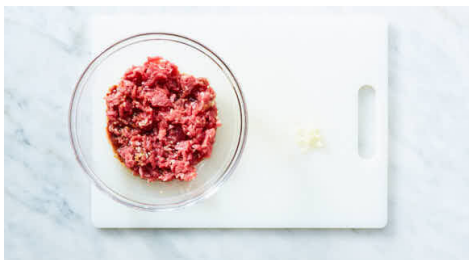
No microwave? Bring a small pot of salted water to a boil. Add rice and cook until grains are warmed through, about 2 minutes. Drain well, fluff rice with a fork, and cover to keep warm.

Allergens

Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 47g, Carbs 67g, Protein 43g



1. Marinate ground turkey

Finely chop **1 teaspoon garlic**. In a medium bowl, combine **ground turkey, 2 teaspoons tamari, 1 teaspoon each of sugar, vinegar, and oil**, and **½ teaspoon each of the garlic and gochujang**. Set aside to marinate at room temperature until step 4.



4. Cook ground turkey

Heat **2 teaspoons oil** in same skillet over high. Add **ground turkey and any marinade**. Cook, breaking meat up into large pieces, stirring occasionally, until liquid is evaporated and turkey is browned and cooked through, about 6 minutes. Stir in **1 tablespoon of the gochujang sauce** (reserve rest for step 5). Transfer turkey to a bowl. Wipe out skillet and reserve for step 5.



2. Prep ingredients

Remove and discard stems from **mushrooms**, then thinly slice caps. In a small bowl, stir to combine **remaining gochujang and tamari, 1 tablespoon water**, and **2 teaspoons sugar**. Set gochujang sauce aside until step 4. Transfer **rice** to a microwave-safe bowl and season with **salt**. Cover and microwave on high until warm, 1-2 minutes; cover to keep warm.



5. Fry eggs

Heat **2 tablespoons oil** in reserved skillet over high. Crack in **2 large eggs**; season with **salt and pepper**. Cook until edges begin to brown, about 1 minute. Cover and cook until whites are set but yolks are still runny. Serve **rice** in bowls topped with **turkey, spinach and mushrooms**, and **eggs**. Garnish with **remaining gochujang sauce and sesame seeds**.



3. Sauté mushrooms & spinach

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **mushrooms** and cook, stirring occasionally, until browned and tender, 2-3 minutes. Season with **salt and pepper**. Add **spinach and remaining garlic**; cook, stirring, until spinach is wilted, about 1 minute. Stir in **half of the sesame seeds**. Transfer to a bowl and cover to keep warm until ready to serve.



6. Serve

Enjoy!