

MARLEY SPOON



Chicken Bibimbap

with Sesame Spinach & Pickled Carrots



30-40min



2 Servings

Bibimbap is a Korean classic that features various flavorful ingredients served atop of a bowl of warm rice. For our protein-rich version, we top fluffy jasmine rice with marinated chicken, garlicky sautéed baby spinach, and tangy, quick-pickled carrots. A sprinkle of sesame seeds and a sprinkle of gochugaru flakes tie the dish together.

What we send

- 10 oz pkg chicken breast strips
- garlic
- 2 (½ oz) tamari soy sauce ⁶
- 5 oz jasmine rice
- 1 carrot
- 5 scallions
- 5 oz baby spinach
- ¼ oz pkt toasted sesame seeds ¹¹
- ¼ oz gochugaru flakes

What you need

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

Tools

- small saucepan
- box grater
- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 640kcal, Fat 18g, Carbs 79g, Protein 42g

THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Marinate chicken

Preheat broiler with a rack 6-inches away from heat. Pat **chicken** dry. Finely chop **2 teaspoons garlic**. In a medium bowl, combine **all of the tamari, 1 tablespoon oil, and 2 teaspoons sugar**, and **1 teaspoon of the garlic**, whisking until sugar is dissolved.

Reserve **2 tablespoons of marinade** for step 5. Transfer chicken to bowl with remaining marinade and toss to coat.



4. Broil chicken

Generously **oil** a rimmed baking sheet. Lift **chicken** from marinade and arrange on prepared baking sheet; discard marinade in bowl. Season chicken with **salt** and **pepper**. Broil on upper rack, stirring halfway through, until browned and cooked through, 6-8 minutes (watch closely as broilers vary).

Remove from oven and carefully pour **reserved marinade** over chicken.



2. Cook rice

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil over high heat, then cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



3. Pickle carrots

While rice cooks, scrub and coarsely grate **carrot**. Trim **scallions**, then thinly slice about ¼ cup.

In a medium bowl, whisk to combine **1 tablespoon each of oil and vinegar, ¼ teaspoon sugar**, and **a pinch of salt**. Add carrots and half of scallions to bowl, stirring to combine. Set aside until ready to serve.



5. Sauté spinach

Meanwhile, heat **2 teaspoons oil** in a medium skillet over medium. Add **remaining garlic** to skillet, and cook until fragrant, about 30 seconds. Add **spinach** and **1 teaspoon sesame seeds**, and cook, stirring, until spinach is wilted, about 2 minutes.

Remove skillet from heat and season spinach to taste with **salt** and **pepper**.



6. Finish & serve

Fluff **rice** with a fork, then stir in **remaining sliced scallions**.

Serve **scallion rice** topped with **chicken** and **any marinade, sesame spinach**, and **pickled carrots**. Sprinkle **remaining sesame seeds** over top and sprinkle with **gochugaru flakes**. Enjoy!