

MARLEY SPOON



Daring Plant-Based 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 broiled marinated plant-based 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

- garlic
- 2 (½ oz) tamari soy sauce ⁶
- 8 oz pkg plant-based chicken 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 670kcal, Fat 22g, Carbs 87g, Protein 32g



THIS IS A CUSTOMIZED RECIPE STEP

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

1. Marinate plant chicken

Preheat broiler with a rack 6-inches away from heating element. Finely chop **2 teaspoons garlic**. In a medium bowl, combine **all of the tamari, 1 teaspoon of the garlic, 1 tablespoon oil**, and **2 teaspoons sugar**, whisking until sugar is dissolved. Transfer **plant-based chicken** to bowl and toss very gently to coat.



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4. Broil plant chicken

Generously **oil** a rimmed baking sheet. Lift **plant chicken** from **marinade** and arrange on prepared baking sheet; reserve marinade. Broil on upper oven rack until browned in spots, stirring halfway through, 5-8 minutes (watch closely as broilers vary). Remove from oven and carefully pour reserved marinade over plant-based 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 **plant-based chicken** and **any marinade, sesame spinach**, and **pickled carrots**. Sprinkle **remaining sesame seeds** and **gochugaru flakes** over top, as desired. Enjoy!