



KOREAN "BEEF" STIR FRY

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 800/SERVING



For this nourishing meal, we top fluffy white rice with crisp sautéed vegetables, umami packed vegan "beef" and spicy kimchi, and a squeeze of fresh lime for a hit of brightness that ties the dish together.

WHAT YOU'LL NEED

- Small pot with lid
- 2 large pans

- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE 2 servings 4 servings

White rice	1 cup	2 cups
Green onions	2	4
Garlic	2 cloves	4 cloves
Veggie ground	1 cup	2 cups
Zucchini	1	1-2
Snap peas	1 cup	2 cups
Red pepper	1	1-2
Carrot	1	2
Kimchi	1/4 cup	1/2 cup
Lime	1	1
Sauce	1/3 cup	2/3 cup
Sesame seeds	1/2 tbsp	1 tbsp



Prep your ingredients: Thinly slice the **green onions**, mince the **garlic**, dice the **zucchini** and **pepper**, trim the **snap peas**, slice the **carrot** into matchsticks, and cut the **lime** into wedges.



Put **rice** into a small pot and add 1.5 cups of **water** (3 cups for 4 servings). Heat on high until boiling, then cover and set to low. Cook for 12 minutes, then remove from heat and let sit with the lid on for 10 minutes.



In a large pan, warm 1 tbsp of **oil** (3 tbsp for 4 servings) over medium heat. Once hot, add the **green onion** (reserve some for garnish), and the **garlic**. Sauté for 3 minutes until fragrant then add the **zucchini**, **snap peas**, **red pepper**, and **carrot**. Cook until tender.



In another large pan, warm 1 tbsp of **oil** (2 tbsp for 4 servings) over medium heat. Once hot, add the **veggie ground** and use a wooden spoon or a fork to break up into small pieces. Add the **sauce** and sauté until heated through.



Divide the **rice** between bowls and top with the **sautéed vegetables** and **veggie ground mix**. Garnish with the **kimchi** (optional), **remaining green onion**, and **sesame seeds**. Serve with **lime wedges**.

Nutrition Facts		Valeur nutritive	
Per (526 g)			
Pour 1 (526 g)			
Calories 800		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 23 g			31 %
Saturated / saturés 3.0 g			15 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 115 g			
Fibre / Fibres 13 g			46 %
Sugars / Sucres 17 g			17 %
Protein / Protéines 35 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 1670 mg			73 %
Potassium 700 mg			15 %
Calcium 125 mg			10 %
Iron / Fer 7 mg			39 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			