

BIBIMBAP! (KOREAN RICE BOWL)

Trust the Koreans to transform the humble rice bowl into a recipe that's revered all around the world! With a kaleidoscope of seasoned sautéed vegetables, Korean marinated beef, and the signature fried egg, the thing that really seals the deal is the bright red, spicy Bibimbap Sauce.

Mix it all up into one big delicious mess, then dig in!



Prep Time: 40 minutes | **Cook Time:** 30 minutes |
Total Time: 1 hour 10 minutes

Serves: 4 | **Author:** Nagi, RecipeTinEats.com

Nutrition: Calories 689cal, Carbohydrates 73g, Protein 27g, Fat 32g, Saturated Fat 14g, Cholesterol 207mg, Sodium 1021mg, Potassium 930mg, Fiber 5g, Sugar 20g, Vitamin A 5575IU, Vitamin C 35mg, Calcium 100mg, Iron 4.4mg

INGREDIENTS

Korean Beef & Marinade:

- 8oz Beef Tenderloin or Thick Steak, very finely sliced
- 1/4 Green Apple, grated using box grater
- 3 Garlic Cloves, minced
- 1 tbsp Soy Sauce, light or all purpose
- 1 tbsp Honey (substitute: brown sugar)
- 2 tsp Toasted Sesame Oil

Vegetables:

- 2 Carrots, large, cut into sticks
- 2 Zucchini, large, cut into sticks
- 1 bunch of Spinach, cut into 2" lengths
- 8 Dried Shiitake Mushrooms, large
- 4 cups Bean Sprouts
- 2 tsp Garlic, minced (3 cloves)
- 8 tsp Vegetable Oil, separated
- 1/2 tsp Salt
- 1.5 tsp Soy Sauce, light or all purpose
- 1/4 tsp Fish Sauce
- 1/4 tsp White Sugar
- Toasted Sesame Oil

Bibimbap Sauce:

- 4 tbsp Gochujang Paste
- 2 tbsp Mirin
- 2 tbsp Rice Vinegar
- 1.5 tsp Soy Sauce
- 3 tsp White Sugar
- 1 Garlic Clove, finely grated
- 2.5 tsp Toasted Sesame Oil

Additional Components:

- 4 cups Cooked White Rice, preferably short grain
- 4 Eggs
- 2 tsp Sesame Seeds

INSTRUCTIONS

Bibimbap Sauce:

1. Mix ingredients until sugar is dissolved.

Marinated Beef:

1. Mix the marinade in a bowl, then add beef. Marinate for 30 minutes to overnight.
2. Heat 2 tsp oil in a large skillet over high heat. Let excess marinade drip off then add beef. Cook for 3-4 minutes until cooked and there's some caramelized bits, then remove from skillet.
3. Keep warm until required or reheat to warm.

Prepare Vegetables:

1. **Shitakes:** Soak mushrooms in a large bowl of boiling water for 30 minutes, or until rehydrated. Drain, squeeze out excess water, then slice.
2. **Carrot and Zucchini Salting:** Place carrot and zucchini in separate bowls, sprinkle each with 1/4 tsp salt, toss, leave for 20 minutes then drain excess liquid.

Cook Vegetables:

1. Get 2 skillets going if you can!
2. **Shiitakes:** Heat 2 tsp oil in a skillet over medium high heat. Cook mushrooms for 2 minutes. Add 1.5 tsp soy, 1/4 tsp sugar, 1/2 tsp of garlic. Stir for 1 minute, then remove.
3. **Carrot:** Add 2 tsp oil into the skillet, cook carrot until just tender (5 to 8 minutes), then remove.
4. **Zucchini:** Cook as with carrot for 4 minutes.
5. **Spinach:** Heat 2 tsp veg with a splash of sesame oil. Saute until starting to wilt. Add 1/2 tsp garlic, and salt to taste, stir, then remove. When cool, squeeze to drain out excess liquid.
6. **Beansprouts:** Simmer in water for 5 min or steam in microwave for 3 min until floppy. Drain under cold water, then cool. Squeeze out excess liquid with hands, place in bowl. Mix with 2 tsp sesame oil, 1 tsp garlic, 1/4 tsp fish sauce.
7. Vegetables can cool, they are meant to be at room temp or slightly warm.

Assemble:

1. Fry eggs sunny side up in a skillet to your taste.
2. Place warm rice in bowls.
3. Top with vegetables and beef, alternating the colors for a delicious presentation, then lastly, add the egg.
4. Sprinkle with sesame seeds, drizzle with sesame oil. Serve with Bibimbap Sauce!

One of Korea's most famous food exports! The key here is the Bibimbap Sauce. Feel free to switch the veg and meat, whatever you use is going to be amazing once mixed up with that Sauce. There's a lot of components here but there's repeat ingredients and it's an easy recipe and it's MEANT to be served at room temp so don't rush!



NOTES

1. **Rice:** Traditionally served with short grain white rice.
2. **Beef:** You can buy finely sliced beef in the freezer section of Asian stores. Can you use other meats? Yes! Chicken, turkey or pork finally sliced or cut into thin strips, small prawns/shrimp or even fish filets (cook whole then flake).
3. **Apple:** Using grated apple and nashi pears is a classic Korean marinade technique. Adds a touch of flavor, sweetness and tenderizes the meat.
4. **Soy sauce** - use light or all purpose soy. Do not use soy labeled as dark soy or sweet soy.
5. **Shiitake Mushrooms** - dried mushrooms can be found at Asian stores! I prefer using these because they have a more intense flavor. Use 8 large or 12 small. Substitute fresh shiitake or any other fresh mushrooms & skip the soaking step.
6. **Gochujang** - a spicy red miso paste based sauce and a key Korean cooking ingredient. Find it at Asian grocery stores
7. **Mirin** - Sweet Japanese cooking wine, also used in Korean cooking. Sold at Asian grocery stores and large supermarkets
8. **Rice Vinegar** - Sold at Asian grocery stores and large supermarkets. Can substitute with apple cider or white wine vinegar.
9. **Sesame Oil** - use toasted sesame oil, stronger flavor.
10. **Zucchini & Carrot Salting:** Salting these veggies allows the seasoning to get all the way through. Alternatively, just add the salt when sautéing.
11. **Storage:** This is SUCH a great meal prep! Keeps for 4 to 5 days. Tastes terrific at room temp!
12. **Nutrition:** Includes 1 cup of cooked rice per serving.