



Bibimbap (Korean Rice With Mixed Vegetables)



Along with kimchi, bibimbap takes its place among the favored foods in Korean cuisine. Literally meaning 'mixed rice,' it's a popular meal consisting of white rice topped with vegetables, beef, a whole egg, and gochujang (red chili pepper paste). For those who cannot handle the spiciness (like our children), you can substitute with soy sauce or Sriracha (rooster sauce) in place of it.

Prep: 30 mins

Cook: 30 mins

Total: 1 hr

Servings: 4

Yield: 4 servings



Ingredients

- 1 English cucumber, cut into matchsticks
- ¼ cup gochujang (Korean hot pepper paste) (Optional)
- 1 bunch fresh spinach, cut into thin strips
- 1 tablespoon soy sauce
- 1 teaspoon olive oil
- 2 carrots, cut into matchsticks
- 1 clove garlic, minced
- 1 pinch red pepper flakes
- 1 pound thinly-sliced beef top round steak
- 1 teaspoon olive oil
- 4 large eggs
- 4 cups cooked white rice
- 4 teaspoons toasted sesame oil, divided
- 1 teaspoon sesame seeds

Directions

Step 1

Stir cucumber pieces with 1/4 cup gochujang paste in a bowl; set aside.

Step 2

Bring about 2 cups of water to a boil in a large nonstick skillet and stir in spinach; cook until spinach is bright green and wilted, 2 to 3 minutes. Drain spinach and squeeze out as much moisture as possible; set spinach aside in a bowl and stir soy sauce into spinach.

Step 3

Heat 1 teaspoon olive oil in large nonstick skillet and cook and stir carrots until softened, about 3 minutes; stir in garlic and cook just until fragrant, about 1 more minute. Stir in cucumber pieces with gochujang paste; sprinkle with red pepper flakes, and set the mixture aside in a bowl.

Step 4

Brown beef in a clean nonstick skillet over medium heat, about 5 minutes per side, and set aside. In a separate nonstick skillet, heat 1 more teaspoon olive oil over medium-low heat and fry the eggs just on one side until yolks are runny but whites are firm, 2 to 4 minutes each.

Step 5

To assemble the dish, divide cooked rice into 4 large serving bowls; top with spinach mixture, a few pieces of beef, and cucumber mixture. Place 1 egg atop each serving. Drizzle each bowl with 1 teaspoon of sesame oil, a sprinkle of sesame seeds, and a small amount of gochujang paste if desired.

2 teaspoons gochujang (Korean hot pepper paste), divided (Optional)

Nutrition Facts

Per Serving:

569 calories; protein 34.9g 70% DV; carbohydrates 63g 20% DV; fat 19.3g 30% DV; cholesterol 242.9mg 81% DV; sodium 573.9mg 23% DV.

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