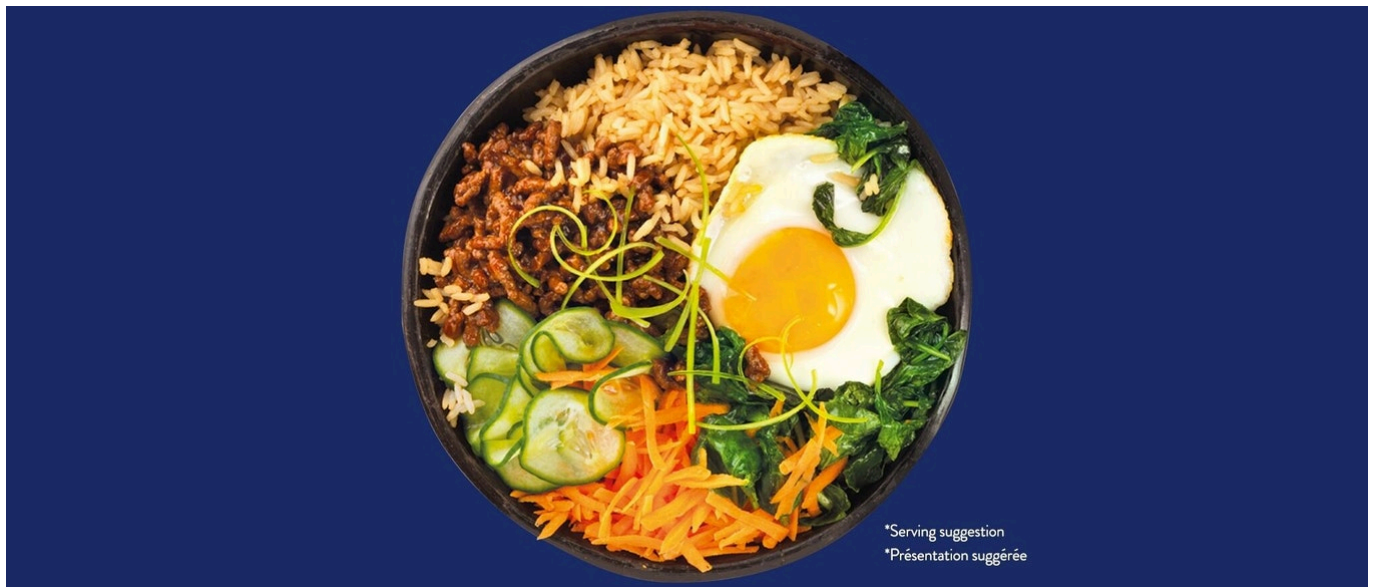


Korean Bibimbap RECIPE

Korean Bibimbap



```
<?xml version="1.0"?>
```

TIME

40 min

INGREDIENTS

17 items

MAKES

2 servings

This Korean comfort food is great to construct. Build how you like then mix everything together for a flavour sensation!

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Use the email icon to send the Grocery list and the Recipe to your email.

```
<?xml version="1.0"?>
```

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INGREDIENTS

- 1 pouch (250 g) BEN'S ORIGINAL™ BISTRO EXPRESS™ CONVERTED™ Brand Rice
- For the Korean Beef:
 - 1 Tbsp (15 mL) Sunflower Oil
 - 175 g (6oz) extra lean Ground Beef
 - 1 Garlic Clove, crushed
 - 1 Tbsp (15 mL) Brown Sugar
 - 1 Tbsp (15 mL) Low sodium soy sauce
 - 1 tsp (5 mL) Dried Chilli Flakes
- Pickled Cucumber:
 - 1 cup (250 mL) thinly sliced Cucumber
 - 1 tsp (5 mL) Salt
 - 1 Tbsp (15 mL) White Wine Vinegar
 - 1 Tbsp (15 mL) Sugar
- For the Spinach:
 - 3 cups (750 mL) Baby Spinach, washed
 - 1 green Onion, sliced
 - 1 Garlic Clove, minced
 - 1 tsp (5 mL) Sesame Seeds, toasted
- Shredded Carrot:
 - 1 Carrot, grated
 - 1 tsp (5 mL) Sesame Oil
- 2 Eggs
- 1 green Onion, sliced

INSTRUCTION

1.
For the Korean beef: Mix the raw mince with the sauce ingredients and leave to marinade whilst you prepare the other ingredients.
2.
For the pickled cucumber: Mix the salt, sugar and vinegar in a bowl until dissolved. Add the sliced cucumber and toss to coat. Set aside for 15 minutes.
3.
For the spinach: Bring a small pan of water to the boil. Blanch the spinach for 2 minutes then drain and rinse with cold water immediately to stop the cooking. Add the spring onion, garlic and sesame seeds and stir to combine. Set aside.
- 4.

For the carrot: Mix the carrot with the sesame oil and season with salt and pepper.

5. 5

Meanwhile, place 2 frying pans on a medium to high heat. Add the oil to one and cook the marinated Korean beef for 3-5 minutes until brown and crispy. Fry the eggs in the other pan to your liking (a runny yolk will help sauce the rice).

6. 6

Cook the BEN'S ORIGINAL™ rice according to pack instructions and divide between two bowls. Top with the individual ingredients, finishing with the fried egg and spring onion. Mix it all together and enjoy!

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 510
- Carbohydrates (g) 52 g
- Dietary Fiber (g) 4 g
- Protein (g) 31 g
- Sugars (g) 9 g
- Total Fat (g) 20 g
- Sodium (mg) 560 mg

CATEGORIES :

[Beef](#), [more than 20](#), [Ready to Heat Rice](#)

MORE RECIPES LIKE THIS



[Thai Basil Beef](#)

Cooking time

20 min

Ingredients

11 items

[SEE DETAILS](#)



[Hoisin Honey Pork with Jasmine Rice](#)

Cooking time

20 min

Ingredients

13 items

[SEE DETAILS](#)



[**Sesame Beef and Green Beans**](#)

Cooking time

20 min

Ingredients

9 items

[SEE DETAILS](#)

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