

Bibimbap



A Korean classic – this is a balanced rice bowl topped with sauteed vegetables, thinly sliced beef, kimchi, a delicious sunny side up egg, and dressed with gochujang chilli sauce and sesame seeds.

Ingredients

- 1 zucchini, cut into matchsticks
- 1 carrot, cut into matchsticks
- 2 cups mixed mushrooms, sliced
- 3 cups Community Co Baby Spinach
- 1/2 cup kimchi
- 300 g beef skirt steak, cut into strips
- 2 cups bean sprouts
- 3 tbsp sesame oil
- 1 tbsp toasted sesame seeds
- 2 tbsp gochujang chilli paste
- 1 tbsp soy sauce or tamari
- 1 tbsp pure maple syrup

4 [Community Co Free Range Eggs](#)

2 cups Low GI brown rice or 2 x [250g packet Community Co Microwave Brown Rice](#)

Extra sauce to serve

1 tbsp gochujang chilli paste

1 tsp soy sauce

1 tsp maple syrup

1/4 cup warm water

Method:

1. Cook the rice according to the packet instructions and keep warm.
2. Sauté all the vegetables separately over medium heat using 1 tsp of sesame oil, set aside.
3. Mix 1 tbsp of gochujang chilli paste with soy sauce and maple syrup. Add 1 tbsp of water to loosen the mixture.
4. Sauté the beef strips in the same pan. Add the soy mixture and keep frying until the beef is caramelised and cooked through.
5. Fry the eggs with 2 tsp of sesame oil until the whites are set leaving the yolk runny.
6. Assemble the bowl. Put rice in each bowl and arrange vegetables, kimchi and meat over the top and place the fried egg in the centre.
7. Sprinkle with sesame seeds. Serve with the extra sauce.