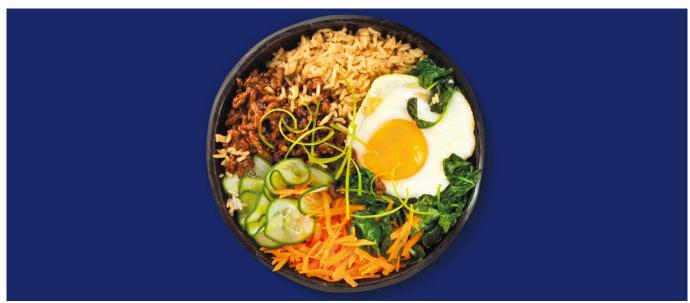


Korean Bibimbap RECIPE

Korean Bibimbap



<?xml version="1.0"?>

TIME

40 mins

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! Ben's Original™ Brown Rice makes lunch easy! SHARE

- Pinterest (opens in new window)
- Facebook (opens in new window)
- Twitter (opens in new window)
- Download (opens in new window)
- Print (opens in same window)

INGREDIENTS

- Ben's Original™ Brown Microwave Rice 250g
- 1 Spring Onion, sliced

- 2 Eggs
- For the Korean Beef:
- 1tbsp Sunflower Oil
- 175g Beef Mince
- 1 Garlic Clove, crushed
- 1tbsp Brown Sugar
- 1tbsp Soy Sauce
- 1tsp Dried Chilli Flakes
- For the Spinach:
- 100g Baby Spinach, washed
- 1 Spring Onion, sliced
- 1 Garlic Clove, crushed
- 1tsp Sesame Seeds, toasted
- For the Pickled Cucumber:
- 100g Cucumber, thinly sliced
- 1tsp Salt
- 1tbsp White Wine Vinegar
- 1tbsp Caster Sugar
- For the Shredded Carrot:
- 1 Carrot, grated
- 1tsp Sesame Oil

INSTRUCTION

1. 1

To cook the beef: Mix the raw mince with the sauce ingredients and leave to marinade whilst you prepare the other ingredients.

2. 2

For the 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. 3

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. 4

Mix the carrot with the sesame oil and season with salt and pepper. Meanwhile, place 2 frying pans on a medium to high heat. Add the oil to one and cook the mince 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).

5. 5

Cook the Ben's Original™ rice according to pack instructions and place into a bowl. Top with the individual ingredients, finishing with the fried egg and spring onion. Mix it all together and enjoy!

NUTRITION

AMOUNT PER SERVING

• Energy (kJ) 1902

- Protein (g) 34.5
- Total Fat (g) 15
- Saturated Fat (g) 3.9
- Carbohydrates (g) 43.1
- Total Sugars (g) 8
- Sodium (mg) 444

Categories:

Beef, 30 - 45 Mins, Brown Rice

MORE RECIPES LIKE THIS



Chicken Fried Rice

Cooking time

20 mins

Ingredients

9 items

SEE DETAILS



Charred Vegetable Salad

Cooking time

15 mins

Ingredients

11 items

SEE DETAILS



BBQ Chicken Bowl

Cooking time

30 mins

Ingredients

13 items

SEE DETAILS

Source URL: https://au.bensoriginal.com/recipes/Korean-Beef-Bibimbap