Ben's Original™

Korean Bibimbap
RECIPE

Korean Bibimbap



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!

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



Charred Vegetable Salad

Cooking time

15 mins

Ingredients

11 items



BBQ Chicken Bowl

Cooking time

30 mins

Ingredients

13 items

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