Bibimbap!

NIBBLEDISH CONTRIBUTOR

Ingredients

Bibimbap itself:

Vegetables (virtually anything lol):

- Shiitake Mushrooms
- Zucchini
- Spinach
- Soy Bean Sprouts (Mung bean can work too, but this is preferable.)
- Carrots
- Minced Garlic

Protein:

- Ground beef
- Egg

Seasonings:

- Salt
- Pepper
- Sesame Oil
- Korean Chili Pepper paste (Found at your local Asian grocer or Korean store.)
- Sugar
- Soy Sauce

Other:

Short grain rice.

Instructions

You can use a fried egg like on my picture, or scrambled eggs. I made this the second time around, if you want bibimbap RIGHT there, you can cook these veggies. Great leftover dish, srsly gaiz.

If this is from scratch, it's A LOT of prep and cook time.

Method:

1. Prepare the short grain rice first in a pot or rice cooker.

2. Prepare the vegetables. Cut the shiitake mushroom into strips, zucchini into strips and julienne the carrots.
3. Once preparing the vegetables, put the soy bean sprouts into container, wash it then put it in a boiling pot of water and add salt. Leave it there for about 15 minutes or so. Strain the bean sprouts and season with sesame oil and minced garlic. Put the bean sprouts onto big bowl.

4. Rinse the spinach, put into boiling water for a few minutes then strain. Squeeze the water out and season with a bit of soy sauce, minced garlic and sesame oil. Put the spinach onto big bowl.

5. In a pan, put vegetable oil and sauté the shiitake mushrooms in a bit of sugar, salt and pepper. Put a little bit of soy sauce and sauté some more. Put the mushrooms on the big bowl afterwards.
6. In the pan, put vegetable oil and sauté the zucchini in some salt and sugar. When translucent, put the zucchini into big bowl.
7. Sauté the carrots in some sugar and salt (or add none at all) and put the carrots into big bowl.
8. With the ground beef, put into pan with vegetable oil and fry a bit. Then add a bit of pepper, sugar and A PINCH of salt. Add a little bit (about a teaspoon) of soy sauce. Add a bit of sesame oil and cook until brown. Add the beef into the bowl.
9. To your preference, cook the egg scrambled or sunny side up. If scrambled, cut up into pieces and add on top of the mixture.
10. Sprinkle sesame seeds for garnish and serve with rice and then add some korean chili pepper paste (or bibimbap paste) and a bit of sesame oil. ENJOY!