



Bibimbap – Korean mixed rice dish

NIBBLEDISH CONTRIBUTOR

Ingredients

- white rice
- bean sprouts
- zucchinis
- spinach
- shiitake mushrooms (5-7)
- ground beef (200 grams)
- carrot (1)
- egg (1)
- soy sauce
- go-ju-jang (hot pepper paste)
- garlic
- sesame seeds + sesame oil
- vegetable oil

Instructions

1. Cook rice.
2. Prepare all your ingredients on a large plate.
3. Rinse **the bean sprouts** 3 times and put them in a pot with a cup of water. Add 1 ts of salt and cook for 20 minutes. Drain water and mix it with 1 clove of minced garlic, sesame oil and a pinch of salt.
Put it on the platter.
4. Put your **spinach** in a pot of boiling water and stir it for a minute. Then rinse it in

cold water a few times and squeeze it lightly. Mix it with a pinch of salt, 1 ts of soy sauce, 1 clove of minced garlic and sesame oil. **Put it on the platter**

5. Cut **2 small size zucchinis** into thin strips, sprinkle them with a pinch of salt, and then mix them together. A few minutes later, sauté them in a pan over high heat. When it's cooked, it will look a little translucent. **Put it on the platter.**
6. You can buy soaked and cooked "**kosari**" at a Korean grocery store. Prepare about 2 or 3 cups of kosari for this 4 servings of bibimbap. Cut it into pieces 5-7 cm long and sauté in a heated pan with 1 ts of vegetable oil. Stir and add 1 tbs of soy sauce, 1/2 tbs of sugar, and cook them for 1-2 minutes. Add sesame oil. **Put it on the platter.**
7. Slice **shitake mushrooms** thinly and sauté with 1 ts of vegetable oil. Add 2 ts of soy sauce and 1 or 2 ts of sugar and stir it for 2 minutes. Add some sesame oil, and **put it on the platter.**
8. On a heated pan, put some oil and 200 grams of **ground beef** and stir it. Add 4 cloves of minced garlic, 1 tbs of soy sauce, 1/2 tbs of sugar, a little ground black pepper, and sesame oil. **Put it on the platter.**
9. Cut a **carrot** into strips, sauté it for 30 seconds and **put it on the platter.**
10. prepare **eggs** with sunny side up.
11. Put your rice in a big bowl, and attractively display all your vegetables and meat. Place the sunny side up egg on the center.
12. Serve it with sesame oil and hot pepper paste.