





Bibimbap is originally a Korean dish and means "mixed rice". The bowls are assembled at the table with marinated beef mince, rice and lots of fresh veggies.



29 June 2020

### FROM YOUR BOX

BASMATI RICE	150g
GARLIC CLOVE	1
SPRING ONIONS	3
LEBANESE CUCUMBER	1
CARROT	1
SNOW PEA SPROUTS	1/2 punnet *
SNOW PEA SPROUTS BEEF MINCE	1/2 punnet * 300g
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\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

sesame oil (or other), pepper, cornflour, sugar (brown or other), soy sauce

#### **KEY UTENSILS**

frypan, saucepan

#### NOTES

Use the rice tub to quickly measure up 1.5  $\mbox{x}$  amount of water.

We used sesame oil for this dish but any other neutral oil will work well!

No beef option - beef mince is replaced with chicken mince.



# **1. COOK THE RICE**

Place rice in a saucepan, cover with  $1.5 \times$  amount of water (see notes). Cover with a lid, cook over low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



# **2. MAKE THE SAUCE**

Combine 1 tsp cornflour, 1 tbsp sugar, 2 tbsp soy sauce and 2 tbsp water in a bowl. Add crushed garlic and sliced spring onions (reserve some green tops).



# **3. PREPARE THE VEGETABLES**

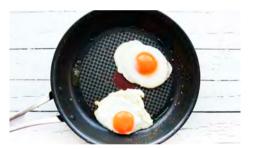
Slice cucumber and spring onion tops, julienne or grate carrot. Arrange with sprouts on a serving platter.



# **4. COOK THE BEEF MINCE**

Heat a frypan with **sesame oil** over high heat. Add beef mince and cook for 5-6 minutes, or until browned and dry.

Add sauce and simmer for a further 2 minutes or until thickened and warmed through. Transfer to a serving bowl.



### **5. FRY THE EGGS**

Wipe the frypan and re-heat over medium-high heat. Add **oil** and crack in eggs. Cook to your liking and season with **pepper**.



### **6. FINISH AND PLATE**

Take all components to the table and allow everyone to assemble their own bibimbap bowl. Start with rice in the middle and surround with meat and vegetables. Top with a fried egg.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

