



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Free-range Eggs


These nutritional powerhouses contain levels of most key vitamins and are a good source of protein.



## 3 Bibimbap Bowl with Sunny Eggs

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.

 20 minutes

 4 servings

 Beef

29 June 2020

## FROM YOUR BOX

BASMATI RICE	300g
GARLIC CLOVES	2
SPRING ONIONS	1/2 bunch *
LEBANESE CUCUMBERS	2
SHREDDED CARROT	1 bag (200g)
SNOW PEA SPROUTS	1/2 punnet *
BEEF MINCE	600g
FREE-RANGE EGGS	4

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use the rice tub to quickly measure up 1.5 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 x 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 **1/2 tbsp cornflour**, **2 tbsp sugar**, **1/3 cup soy sauce** and **1/3 cup water** in a bowl. Add crushed garlic cloves and sliced spring onions (reserve some green tops).



### 3. PREPARE THE VEGETABLES

Slice cucumbers and spring onion tops. Arrange with shredded carrot and sprouts on a serving platter.



### 4. COOK THE BEEF MINCE

Heat a large 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**

