



Beef Bibimbap Bowl

Korean beef and rice bowl with stir-fry vegetables and a sunny fried egg.



35 minutes



2 servings



Beef

FROM YOUR BOX

SUSHI RICE	150g
KAI LAN	1 bunch
CARROT	1
CORN COB	1
FREE-RANGE EGGS	6-pack
BEEF MINCE	300g

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), pepper

NOTES

You can add extra vegetables and components to this dish to make extra serves! Add some kimchi, spring onions, mushrooms (dried mushrooms are great for this!) snow peas, capsicum, fresh cucumber or radish!

Make a simple dressing to serve with this dish using 1/2 tbsp sesame oil, 1 tbsp soy sauce, 1/2 tbsp rice wine or apple cider vinegar, 1/2 tbsp sugar and 1 crushed garlic clove. Spoon over the dish to taste.

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1. COOK THE RICE

Place **rice** in a saucepan and cover with **325ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

2. COOK THE VEGETABLES

Slice **kai lan** (use to taste) and cut **carrot** into batons. Remove **corn** from cob. Heat a frypan over medium-high heat with **sesame oil**. Add **kai lan** and cook until tender. Season with **soy sauce and pepper**. Remove to a plate and repeat with **carrot** and **corn** separately.

TIP *You can grate or julienne the carrot and serve fresh if preferred! Cover the vegetables to keep warm until serving.*

3. COOK EGGS & BEEF

Add **sesame oil** to pan and reheat over medium-high heat. Crack in **2–4 eggs** and cook to your liking. Remove to a plate. Add **beef mince** to pan and cook, breaking down for 6–8 minutes until cooked through. Season with **soy sauce and pepper** (see tip).

TIP *Add some crushed garlic to the beef mince. For a spicy and more authentic flavour you can add gochujang or chilli paste.*

4. FINISH AND SERVE

Assemble bowls with **rice** topped with even piles of **vegetables**, **fried egg** and **beef mince** to serve.

TIP *Garnish the dish with some toasted sesame seeds, sliced spring onions or some dried chilli flakes if you have some!*

This recipe has simplified instructions to help lower your meal cost.