

## Bibimbap - Korean Rice with Mixed Vegetables

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

### Ingredients

- ¼ cup gochujang (Korean hot pepper paste)
- 1 bunch fresh spinach or kale, cut into thin strips
- 1 tablespoon soy sauce
- 2 teaspoons olive oil
- 2 carrots, cut into matchsticks
- 1 English cucumber, cut into matchsticks
- 1 clove garlic, minced
- 1 pinch red pepper flakes
- 1 pound beef top round steak, thinly sliced
- 4 large eggs
- 4 cups cooked white rice
- 4 teaspoons toasted sesame oil, divided
- 1 teaspoon sesame seeds
- 2 teaspoons gochujang (Korean hot pepper paste), divided (optional)



*Photo credit: Johnson & Wales University 2017*

### Method of preparation

1. In a bowl, stir cucumber pieces with gochujang paste; set aside.
2. For the vegetables, bring about two cups of water to a boil in a large nonstick skillet and stir in spinach, cooking until it is bright green and wilted, 2-3 minutes. Drain spinach and squeeze out as much moisture as possible. Place in a bowl and stir in soy sauce. Set aside.
3. Heat olive oil in a large nonstick skillet and add carrots. Cook until softened, about three minutes. Stir in garlic and cook just until fragrant, about one minute. Add the cucumber which has been marinating in the gochujang paste; sprinkle with red pepper flakes, and set the mixture aside in a bowl.
4. In a clean nonstick skillet, place beef and stir-fry over medium heat, about 5 minutes per side until browned and desired doneness, and set aside. In a separate nonstick skillet, heat one teaspoon olive oil over medium-low heat and fry the eggs just on one side until yolks are runny but whites are firm, 2-4 minutes each.
5. To assemble the dish, divide cooked rice into four large serving bowls; top with spinach mixture, a few pieces of beef, and cucumber mixture. Place one egg atop each serving. Drizzle each bowl with one teaspoon of sesame oil, a sprinkle of sesame seeds, and a small amount of gochujang paste if desired.