

Korean Bibimbap  
RECIPE

## Korean Bibimbap



<?xml version="1.0"?>

TIME

40 mins

INGREDIENTS

17 items

MAKES

2 servings

This Korean comfort food is great to construct. Build how you like then mix everything together for a flavour sensation!

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## INGREDIENTS

- Ben's Original™ Long Grain Microwave Rice 220g
- 1 Spring Onion, sliced

- 2 Eggs
- For the Korean Beef:
- 1tbsp Sunflower Oil
- 175g Beef Mince
- 1 Garlic Clove, crushed
- 1tbsp Brown Sugar
- 1tbsp Soy Sauce
- 1tsp Dried Chilli Flakes
- For the Spinach:
- 100g Baby Spinach, washed
- 1 Spring Onion, sliced
- 1 Garlic Clove, crushed
- 1tsp Sesame Seeds, toasted
- For the Pickled Cucumber:
- 100g Cucumber, thinly sliced
- 1tsp Salt
- 1tbsp White Wine Vinegar
- 1tbsp Caster Sugar
- For the Shredded Carrot:
- 1 Carrot, grated
- 1tsp Sesame Oil

## INSTRUCTION

- 1  
To cook the beef: Mix the raw mince with the sauce ingredients and leave to marinade whilst you prepare the other ingredients.
- 2  
For the cucumber: mix the salt, sugar and vinegar in a bowl until dissolved. Add the sliced cucumber and toss to coat. Set aside for 15 minutes.
- 3  
Bring a small pan of water to the boil. Blanch the spinach for 2 minutes then drain and rinse with cold water immediately to stop the cooking. Add the spring onion, garlic and sesame seeds and stir to combine. Set aside.
- 4  
Mix the carrot with the sesame oil and season with salt and pepper. Meanwhile, place 2 frying pans on a medium to high heat. Add the oil to one and cook the mince for 3-5 minutes until brown and crispy. Fry the eggs in the other pan to your liking (a runny yolk will help sauce the rice).
- 5  
Cook the Ben's Original™ rice according to pack instructions and place into a bowl. Top with the individual ingredients, finishing with the fried egg and spring onion. Mix it all together and enjoy!

## NUTRITION

### Amount Per Serving

- Carbohydrates (g) 47

- Cholesterol(mg) 165
- Dietary Fiber (g) 3.8
- Energy (kj) 1885
- Protein (g) 34.3
- Sugars (g) 7.7
- Total Fat (g) 12.7
- Saturated Fat (g) 3.5
- Salt(g) 1.35
- Sodium (mg) 541
- Trans Fat(g) 0.2

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Ingredients

16 items

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