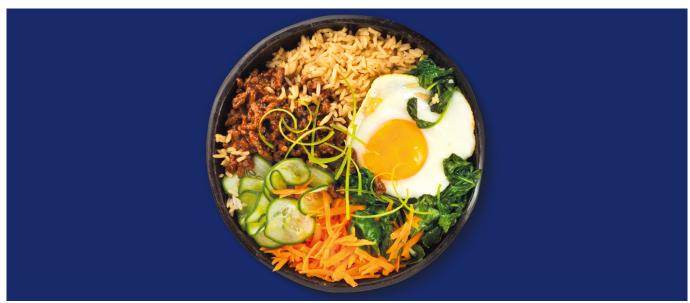


Korean Bibimbap RECIPE

# **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!

SHARE

- Pinterest (opens in new window)
- Facebook (opens in new window)
- Twitter (opens in new window)
- Download (opens in new window)
- Print (opens in same window)

### **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. 1

To cook the beef: Mix the raw mince with the sauce ingredients and leave to marinade whilst you prepare the other ingredients.

2. 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. 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. 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 5

Cook the Ben's Original $^{\text{m}}$  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

# **Categories:**

Beef, 30-45 Min, Long Grain, Stove Top, Food of the World, Make your own Takeaway

## MORE RECIPES LIKE THIS



## **Chicken Fried Rice**

Cooking time

20 mins

Ingredients

9 items

**SEE DETAILS** 



#### **Tikka Salmon**

Cooking time

25 mins

Ingredients

9 items

**SEE DETAILS** 



#### **Sweet and Sour Chicken**

Cooking time

25 mins

Ingredients

# SEE DETAILS

**Source URL:** https://uk.bensoriginal.com/rice-recipes/korean-bibimbap