



Korean Beef Rice Bowl

with Rainbow Vegetables



20-30min



4 Portions

We've taken inspiration from Korean bibimbap for this quick and tempting rice bowl. While the rice is steaming, simply chop a rainbow of vegetables and stir-fry beef with gochujang. This delicious Korean chilli paste is also stirred through an omelette for extra flavour. Just toss everything together and enjoy. This recipe is also suited to cooking in the Kenwood Multi Smart thermo cooker, usin...

What we send

- capsicum
- carrot
- brown rice
- sesame oil ¹¹
- mirin ¹
- beef stir-fry
- coriander
- zucchini
- 5g toasted sesame seeds ¹¹
- 2 x 60g Korean chilli paste ^{1,6}

What you'll require

- egg ³
- sea salt and pepper
- soy sauce ⁶
- vegetable oil
- water

Utensils

- large frypan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Gochujang paste has a chilli kick. If you prefer less heat, add less paste to the egg or beef and serve the remaining paste, thinned with a little water, at the table for those who want more.

Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 725kcal, Fat 26.3g, Carbs 65.5g, Proteins 51.0g



1. Prepare beef

Bring **1.5L (6 cups) water** to the boil in a large saucepan for the rice. Whisk **2 eggs** and **1 tbs gochujang paste** (see cooking tip) in a small bowl and set aside. Put the **beef** and the **remaining gochujang** in a medium bowl and toss to combine.



4. Cook omelette

Heat **1 tbs vegetable oil** in a large frypan over medium-high heat. Add the **egg mixture** and swirl to coat the base of the pan. Cook for 1 min until just set on the bottom, then turn and cook for a further 30 secs or until cooked. Transfer the omelette to a board and loosely roll up. Cool slightly, then cut into strips.



2. Cook rice

Add **rice** to a pan of boiling water and cook for 25 mins or until the rice is tender. Drain and keep warm.



5. Cook beef

Heat **1 tbs vegetable oil** in the pan over medium-high heat. Add the **beef**, in two batches, and stir-fry for 3-4 mins until browned all over. Remove from the pan.



3. Prepare vegetables

While the rice is cooking, peel the **carrots**, then shred the carrot and **zucchini** using a julienne peeler or box grater. Thinly slice the **capsicum**, discarding the seeds and membrane. Coarsely chop the **coriander**, including the stems.



6. Make dressing

Meanwhile, whisk the **mirin**, **sesame oil** and **2 tbs soy sauce** in a small bowl. Put the **rice**, **carrot**, **zucchini**, **capsicum** and **coriander** in a large bowl, drizzle over the **dressing** and toss to combine. Divide the **rice mixture**, **omelette** and **beef** among bowls. Scatter with the **sesame seeds** to serve.