



## Beef Bibimbap Rice Bowl

with Spicy Omelette



20-30min



4 Portions

Bibimbap is Korean and literally means 'mixed rice'. There are lots of versions featuring different toppings but the one constant is you always stir everything together in your bowl just before eating. This way, you get a mouthful of all the components in a single bite - including a delicious dash or two of gochujang, the sweet-savoury fermented Korean chilli paste.

## What we send

- 11
- 1
- 1,6
- 11

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- eggs <sup>3</sup>
- sea salt and pepper
- soy sauce <sup>6</sup>
- vegetable oil
- water

## Utensils

- large frypan
- medium saucepan with lid

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

## Allergens

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

## Nutrition per serving

Energy 885kcal, Fat 31.8g, Carbs 81.4g, Proteins 54.0g



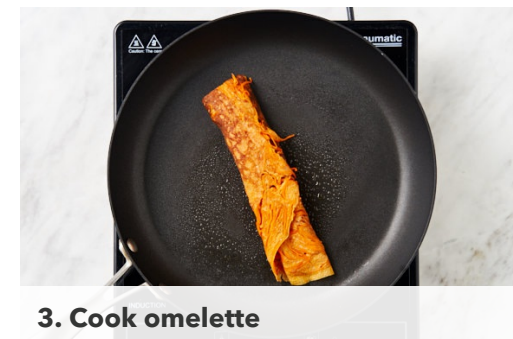
**1. Cook rice**

**Read through the recipe.** Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



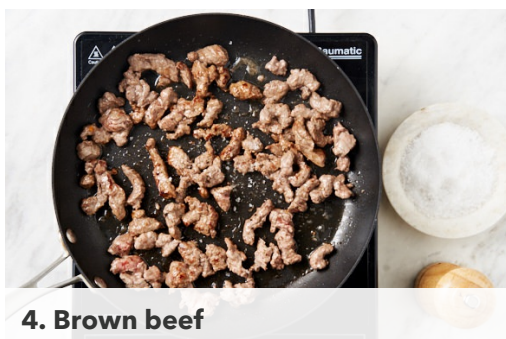
**2. Prepare vegetables**

Meanwhile, peel the **carrots**, then peel into ribbons with a vegetable peeler. Thickly slice the **cucumbers** lengthwise, then cut widthwise into thirds. Slice the **corn kernels** from the cob.



**3. Cook omelette**

Crack **3 eggs** into a bowl. Add **1 tbs mirin**, **2 tsp chilli paste** and **2 tsp soy sauce** and whisk to combine. Heat **1 tbs oil** in a medium frypan over high heat. Stir-fry the **carrot** for 2 mins or until softened. Add the **egg mixture**, swirling the pan to coat the base. Cook for 2 mins or until set on the bottom, then loosely roll and remove from the pan.



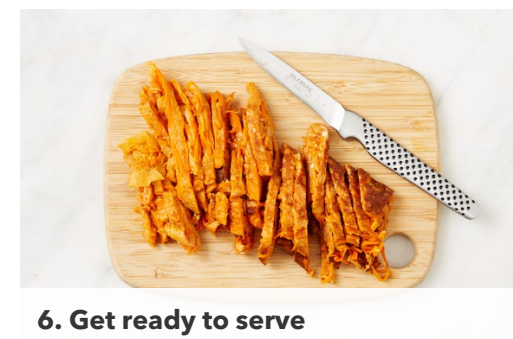
**4. Brown beef**

Heat **2 tbs oil** in the pan over high heat. Separate the **beef stir-fry** and season with **salt and pepper**. Stir-fry the beef, in two batches, for 1-2 mins until browned. Remove from the pan, reserving the pan.



**5. Cook corn**

Combine the **sesame oil**, **1 tbs chilli paste\*\*** and **1 tbs mirin** in a bowl. Put the **corn** and **half the chilli and mirin sauce mixture** in the reserved pan over high heat and cook, stirring, for 2 mins. Add the **beef** and cook for a further 1 min or until the beef is heated through and coated in the sauce.



**6. Get ready to serve**

Cut the **omelette** into thin strips. Divide the **rice**, **beef mixture**, **omelette strips**, **spinach** and **cucumber** among bowls. Scatter over the **sesame seeds** and drizzle over the **remaining chilli and mirin sauce mixture** to serve.