



Warm Beef Bibimbap Salad

with Spicy Omelette



20-30min



2 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

- 150g Japanese rice
- 1 carrot
- 1 Lebanese cucumber
- 1 corn cob
- 1 tbs mirin ¹
- 30g Korean chilli paste ^{1,6}
- beef stir-fry
- 1 tbs sesame oil ¹¹
- 70g baby spinach leaves
- 5g sesame seed blend ¹¹

What you'll require

- water
- 2 eggs ³
- soy sauce ⁶
- neutral-flavoured oil
- sea salt and pepper

Utensils

- small saucepan with lid
- large frypan

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

Cooking tip

The beef stir-fry is best with hot and fast cooking, so get your pan very hot before adding the beef and stick to the short cooking time indicated.

Allergens

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

Nutrition per serving

Energy 905kcal, Fat 32.7g, Carbs 81.5g,
Proteins 55.6g



1. Cook rice

Read through the recipe. Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) 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.



4. Brown beef

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



2. Prepare vegetables

Meanwhile, peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Halve the **cucumber** lengthwise and scrape out the seeds using teaspoon. Thickly slice lengthwise, then cut widthwise into thirds. Discard the husk and silks from the **corn**. Cut the kernels from the cob.



5. Cook corn

Combine the **sesame oil, remaining mirin** and **2 tsp chilli paste** (the remaining chilli paste won't be used in this dish) in a bowl. Put the **corn** and **half the sesame and chilli sauce** in the reserved pan over high heat and cook, stirring, for 2 mins. Return the **beef** to the pan and cook for a further 1 min or until the beef is cooked through.



3. Cook omelette

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



6. Get ready to serve

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