

Bibimbap - Korean Mixed Rice with Meat and Assorted Vegetables

How to make authentic Korean bibimbap. It comes with to die for bibimbap sauce!

Prep Time	Cook Time	Total Time
35 mins	55 mins	1 hr 30 mins



★★★★★
4.95 from 217 votes

Course: Main Cuisine: Korean

Keyword: bibimbap, korean mixed rice Servings: 3 to 4 Calories: 570kcal

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Ingredients

Meat and meat sauce

- 100 g beef mince (3.5 ounces), (or other cuts)
- 1 Tbsp soy sauce
- 1 Tbsp sesame oil
- 1 tsp brown sugar
- 1/4 tsp minced garlic

Vegetables and other

- 250 g spinach (0.6 pounds)
- 350 g bean sprouts (0.8 pounds), You don't have to use them up if you think it's too much but I love having lots of vegetables on my bibimbap!
- 100 g shiitake mushroom (3.5 ounces)
- 120 g carrots (4.2 ounces, 1 small)
- 1/2 tsp fine sea salt (1/4 tsp each will be used when cooking shiitake mushroom and carrots)
- 3 cups steamed rice (3 to 4 serving portions)
- 3 eggs (3 or 4 depending on the serving portion)
- Some cooking oil (to cook the meat, mushroom, carrots and eggs – I used rice bran oil)
- Some toasted seasoned seaweed shredded (long thin cut)

Bibimbap sauce - The below sauce might be only enough for 3 servings if you like eating it spicy.

- 2 Tbsp gochujang
- 1 Tbsp sesame oil
- 1 Tbsp sugar - I used raw sugar
- 1 Tbsp water
- 1 Tbsp toasted sesame seeds
- 1 tsp vinegar - I used apple vinegar
- 1 tsp minced garlic

Instructions

1. Prepare and cook ingredients as below.

- For meat, mix the beef mince with the meat sauce listed above. Marinate the meat for about 30 mins while you are working on other ingredients to enhance the flavour. Add some cooking oil into a wok and cook the meat on medium high to high heat. It takes about 3 to 5 mins to thoroughly cook it.
 - Mix the bibimbap sauce ingredients in a bowl.
 - Cook spinach and bean sprouts per linked recipe.
 - Rinse, peel and julienne the carrots. Add some cooking oil and 1/4 tsp of fine sea salt in a wok and cook the carrots on medium high to high heat for 2 to 3 mins.
 - Clean/rinse the shiitake mushrooms and thinly slice them. Add some cooking oil and 1/4 tsp of fine sea salt in a wok and cook the mushrooms on medium high to high heat until they are all cooked. (It takes 2 to 3 mins.)
 - Make fried eggs. (While sunny side up is common, you can make them per your preference.)
2. Put the rice into a bowl and add the meat, assorted vegetables, seasoned seaweed, bibimbap sauce, and the egg on top of the rice. Serve.
 3. To eat, mix the ingredients in the bowl, and enjoy!

Notes

- Other vegetable options - Daikon radish salad, Korean cucumber side dish, Gosari and Bellflower root
- If you don't feel like preparing any of the above vegetable side dishes, you could use your choice of salad too.
- Feel free to check out my three other bibimbap sauces!
- If you want to learn more about Korean cooking ingredients, check my essential Korean cooking ingredients list!
- 1 Tbsp = 15 ml

Nutrition

Calories: 570kcal | Carbohydrates: 71g | Protein: 24g | Fat: 23g | Saturated Fat: 6g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 9g | Trans Fat: 1g | Cholesterol: 187mg | Sodium: 916mg | Potassium: 1146mg | Fiber: 7g | Sugar: 14g | Vitamin A: 14780IU | Vitamin C: 43mg | Calcium: 191mg | Iron: 6mg