

Bibimbap

Ingredients

- 2 cups steamed rice
- 200g (7oz) beef mince (or thinly sliced beef)
- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1 tbsp sugar
- 1 medium zucchini, julienned
- 1 large carrot, julienned
- 100g (3.5oz) shiitake mushrooms, sliced
- 1 bunch spinach
- 4 eggs
- 4 tbsp gochujang (Korean chili paste)
- 2 tbsp sesame seeds
- 1 tbsp vegetable oil
- Salt and pepper, to taste

Instructions

1. Blanch the spinach in boiling water for 30 seconds, then rinse under cold water. Squeeze out excess water and season with a little sesame oil and salt.
2. Stir-fry the julienned carrots and zucchini separately in a little vegetable oil until softened. Season with salt and set aside.
3. Sauté the shiitake mushrooms in a bit of oil until tender, then season with soy sauce and sugar.
4. In a pan, heat sesame oil over medium heat. Add minced garlic and stir until fragrant. Add the beef and cook until browned. Season with soy sauce, sugar, and a pinch of pepper. Set aside.
5. Fry the eggs sunny-side up in a bit of oil until the whites are set but the yolks are still runny.
6. Divide the steamed rice between four bowls. Arrange the cooked vegetables, beef, and egg on top of the rice in an aesthetically pleasing way. Add a dollop of gochujang to the center of each bowl.
7. Sprinkle with sesame seeds and drizzle with a bit more sesame oil if desired. Mix everything together before eating to enjoy the full range of flavors and textures.