

Bibimbap (Korean Rice With Mixed Vegetables)



Serving: 4



Cooking Time: 30 mins



Level: Easy



INGREDIENTS

1 English cucumber, cut into matchsticks
¼ cup gochujang (Korean hot pepper paste)
(Optional)
1 bunch fresh spinach, cut into thin strips
1 tablespoon soy sauce
2 teaspoons olive oil, divided
2 carrots, cut into matchsticks
1 clove garlic, minced
1 pinch red pepper flakes
1 pound thinly-sliced beef top round steak
4 large eggs
4 cups cooked white rice
4 teaspoons toasted sesame oil, divided
1 teaspoon sesame seeds
2 teaspoons gochujang (Korean hot pepper paste),
divided (Optional)

PREPARATION

1. Stir together cucumber pieces and gochujang paste in a bowl.
2. Bring about 2 cups water to a boil in a large nonstick skillet and stir in spinach; cook until bright green and wilted. Drain spinach and squeeze out as much moisture as possible; set spinach aside in a bowl and stir in soy sauce..
3. Heat 1 teaspoon olive oil in a large nonstick skillet; cook and stir carrots until softened, about 3 minutes. Stir in garlic and cook just until fragrant. Stir in cucumber mixture; sprinkle with red pepper flakes.
4. Brown beef in a clean nonstick skillet over medium heat, about 5 minutes per side; set aside.
5. Heat remaining 1 teaspoon olive oil in another nonstick skillet over medium-low heat. Fry eggs just on one side until yolks are runny, but whites are firm, 2 to 4 minutes.
6. Divide cooked rice into 4 large serving bowls; top with spinach mixture, a few pieces of beef, and cucumber mixture. Place 1 egg atop each serving. Drizzle each bowl with 1 teaspoon sesame oil, a sprinkle of sesame seeds, and a small amount of gochujang paste if desired.