



ENTREES

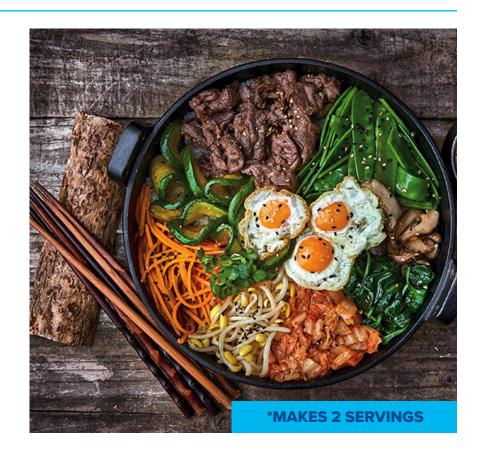
Korean Beef Bibimbap

INGREDIENTS:

- ½ carrot, cut into match sticks
- ½ zucchini
- ½ cup shiitake mushrooms, sliced
- ½ cup bean sprouts
- 1 cup fresh baby spinach
- ½ cup kimchi (optional)
- · 8 oz. striploin steaks, thinly sliced
- 1 tsp baking soda
- 1 clove garlic, minced
- 1 tsp fresh ginger, minced
- 2 tbsp soy sauce, divided
- 1- ½ tsp sriracha or gochujang
- · 2 tbsp sesame oil, divided
- 2 eggs
- · Sesame seeds to serve

Rice:

- 1- 1/2 cup water
- ¾ cup brown rice
- · 1 tbsp butter
- 1 pinch salt



DIRECTIONS:

- 1. Cook rice according to package instructions in a rice cooker or on the stove top.
- 2. Sauté mushrooms in pan with 1tsp sesame oil and $\frac{1}{2}$ tsp soy sauce for 1-2 min on high heat. Continue cooking all veggies this way individually in the same pan, setting aside in a large bowl each time.
- 3. Meanwhile, cut up steak into thin strips and toss with baking soda. You could use ground beef if you're in a pinch, but steak is better. Toss meat with baking soda, garlic, ginger, sriracha (or gochujang instead if using), and 1 tbsp soy sauce.
- 4. Heat 1 tbsp sesame oil over med-high heat, then cook steak for 2-3 min. Remove from pan.
- 5. Using another tiny bit of sesame oil, heat the same pan on high and add egg. Cook on med-low for 3-4 minutes until egg is semi-cooked.
- 6. Add a bit of rice to each bowl. I use pasta bowls because I love how wide they are, and they are great for presentation. Picking out veggies one at a time, place each in circle around bowl, then add kimchi and cooked beef. Top with egg, then sprinkle bowl with sesame seeds and serve.

Nutrition Facts		
Amount Per Serving		
Calories	6	02.6
		ily Value*
Total Fat	39.5 g	51 %
Saturated Fat	11.9 g	59 %
Trans Fat	0.2 g	
Cholesterol	277.7 mg	93 %
Sodium	1617.6 mg	70 %
Total Carbohydrate	29.5 g	11 %
Dietary Fiber	4 g	14 %
Total Sugars	5.4 g	
Added Sugars	0 g	0 %
Protein	34.1 g	
Vitamin D	1.2 mcg	6 %
Calcium	93.8 mg	7 %
Iron	5.1 mg	28 %
Potassium	629.3 mg	13 %
* The % Daily Value (DV) tells serving of food contributes to a is used for general nutrition ad	a daily diet. 2,000 cald	ient in a ories a day

Full Info at cronometer.com