

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- ½ 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 ½ 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.



***MAKES 2 SERVINGS**

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Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	602.6	
	% Daily 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 you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		