

Bibimbap

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Ingredients:

1 batch *Spinach Side Dish* (recipe here)

1 batch *Soybean Sprouts Side Dish* (recipe here)

1 medium *Zucchini* – cut into matchstick size pieces (about 10 ounces)

1 medium *Carrot* – cut into matchstick size pieces (about 5 ounces)

10 *Shitake Mushrooms* – thinly sliced (if using dried, soak in warm water for 15 minutes until soft)

14 ounces *Ground Meat* (I used ground Turkey)

4 *Eggs*

4 cups *Cooked Rice*

Korean Hot Pepper Paste (Gochujang) – to taste



Seasoning:

A pinch of *Salt*

5 teaspoons *Oil*

6 1/2 teaspoons *Soy Sauce* (adjust to taste)

2 1/2 teaspoons *Sugar*

1 1/2 teaspoons *Sesame Oil* + plus more for serving

4 cloves *Garlic* – crushed or finely chopped

Freshly ground *Black Pepper* – to taste

Directions:

1. In a large platter, place prepared *Spinach* and *Soybean Sprouts*.
2. In a bowl, place *Zucchini* and sprinkle a pinch of salt. Mix well and keep for about 5 minutes. Squeeze out water and keep aside.
3. Heat a large skillet over high heat. Once hot, add 1 tsp of oil and sauté *Zucchini* for few minutes until translucent and transfer to the platter.
4. In the same skillet, add 1 tsp of oil and sauté *Carrots* for about 30 seconds and transfer to the platter.
5. In the same skillet, add 2 tsp of oil and sauté *Mushrooms* for few minutes until lightly browned. Add 2 tsp soy sauce, 1 tsp sugar and cook for further minute. Add 1/2 tsp of sesame oil, stir well and transfer to the platter.
6. In the same skillet, add 1 tsp of oil, add *Ground Meat* and cook until lightly browned stirring frequently. Add 4 cloves garlic, 4 1/2 tsp soy sauce, 1 1/2 tsp sugar, 1 tsp sesame oil & black pepper to taste and continue cooking for further minute. Transfer this to the platter.
7. Cook the eggs sunny side up and keep aside.

How to Serve:

1. Place rice in a large bowl and top it up with prepared meat and vegetables attractively. Place egg in the center and serve with sesame oil and hot pepper paste on the side.
2. Before eating, add few drizzle of sesame oil to the bowl along with desired amount of hot pepper paste. Mix really well with a spoon for few minutes and eat.