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Bibimbap Korean Rice

Serves: 4 Prep Time: 45 minutes



INGREDIENTS

- (200 grams) Rump Steak
- (2 cloves) Garlic
- (0.5 tbsp) Sesame Oil
- (2 medium) Carrot
- (1 medium) Zucchini
- (2.5 cup) Bean Sprouts
- (1.5 cup) Button Mushroom
- (3.6 large) Egg
- (2 tbsp) Soy Sauce
- (2.1 tsp) Honey
- (1 tsp) Ground Chilli
- (1 cup) Brown Rice
- (2.2 tbsp) Vegetable Oil

PROCEDURE

1. Prepare the rice. Cook the brown rice as per packet instructions.
2. Marinate the steak in a half teaspoon of the sesame oil, a tablespoon of soy sauce and 1 clove of crushed garlic.
3. Prepare your carrots by finely slicing or using a vegetable peeler.
4. Into a hot pan add half the oil and then the sliced mushrooms, cook for 2-3 minutes until just tender. Remove from the pan.
5. Next add the chopped zucchini, you can make batons, or slice, it makes no difference. Cook for 2-3 minutes until just soft and set as.
6. Add the bean sprouts and cook for another 2 minutes and set aside.
7. Allow the pan to heat up before adding the remaining oil and then the steak, cook each side for 2-3 minutes or to your liking, remove and then cook the eggs sunny side up.
8. Combine the remaining soy sauce, chilli powder and honey - use a tablespoon of water to loosen the mix if needed.
9. To assemble, start by placing rice in the bottom of a bowl. Then place all of the topping each in their own section around the outside in a ring, leaving the space in the centre for the egg. Add the sauce to your liking and mix to combine before eating.

DID YOU KNOW?

This can all be cooked in one pan. To save you time have all of the ingredients prepared before you start cooking.