

Dosirak Korean Lunchbox



Preparation time: 15 mins

Serves: 6 people

User Rating: ★★★★★

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Spam is a beloved staple of modern Korea, but sometimes egg-coated fish sausage is used in its place. You could swap out seasoned tofu, tempeh or mushrooms for a meat-free variation.



Ingredients

2 cloves garlic, finely chopped

Sesame oil, for cooking

1 large 500g bag baby spinach

1 can spam, sliced

7 eggs

Kimchi, to serve

Steamed rice, to serve

Toasted sesame seeds, to serve

Method

1. Place a medium frypan over medium-high heat and add a drizzle of sesame oil, plus garlic cloves. Once sizzling add in your spinach a few handfuls at a time and wilt. Drain any remaining water and season with salt to taste.
2. In a shallow bowl beat one egg, then dip the slices of spam in the beaten egg. Return the pan to the heat and add another drizzle of sesame oil. Fry egg-coated spam for a minute or two on each side until golden.
3. Remove the spam and set aside, then fry remaining eggs sunny-side up.
4. To plate up, place a scoop of rice in each bowl and add a slice of spam, some spinach, kimchi, and top with a fried egg. Sprinkle with toasted sesame seeds.
5. You can eat this immediately, or portion into containers and refrigerate. When you're ready to go, just reheat in the microwave and mix together to break up the spam and eggs.

