

Best Korean Beef Bibimbap



Preparation time: 50 mins

Serves: 4 people

User Rating: ★★☆☆☆

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Categories: Dinner Recipes, Lunch Recipes



Ingredients

- 2 tbsp olive oil
- 4 garlic cloves, crushed
- 1½ cups jasmine rice
- 1 tsp sesame oil
- 180g baby spinach leaves
- 3 tsp toasted sesame seeds
- 500g lean beef mince
- 1 tbsp finely grated fresh ginger

- 1/4 cup (60ml) oyster sauce
- 1½ tbsp salt-reduced soy sauce
- 1½ tbsp brown sugar
- 4 eggs
- 2 small carrots, cut into matchsticks
- 2 small Lebanese cucumber, halved lengthways, thinly sliced
- 1 cup bean sprouts, trimmed
- 1 tbsp sriracha (chilli sauce) or gochujang, to serve

Method

1. Heat 2 teaspoons of olive oil in a medium saucepan over medium heat. Add half the garlic and cook, stirring, for 2 minutes or until fragrant. Add rice and stir to coat. Add 2½ cups water and bring to the boil. Reduce heat to medium-low and simmer, covered, for 12 minutes or until water has been absorbed. Remove from heat. Stand, covered, for 10 minutes.
2. Heat sesame oil in a large frying pan over medium-high heat. Add spinach and cook, stirring, for 2 minutes or until just wilted. Stir in half the sesame seeds and season with salt and pepper. Transfer to a bowl. Cover to keep warm.
3. Heat 2 teaspoons olive oil in same pan over high heat. Cook mince, breaking up with a wooden spoon, for 5 minutes or until browned. Add ginger and remaining garlic. Cook, stirring, for 1 minute or until fragrant. Add oyster sauce, soy sauce and sugar. Cook, stirring, for 2 minutes or until beef is coated and sauces are warmed through. Transfer to a bowl. Cover to keep warm.
4. Heat remaining olive oil in same frying pan over medium-high heat. Crack eggs one at a time into hot pan. Cook for 2 minutes, until whites set and are crispy around the edges.
5. Divide rice among serving bowls. Arrange carrot, cucumber, sprouts, spinach and beef over rice. Top with eggs. Sprinkle with remaining sesame seeds and drizzle with sriracha sauce.

Notes

For a flavour hit, you can quick pickle the carrot and cucumber in about ¼ cup rice wine vinegar, 1 tbsp sugar, and ½ tsp salt. Stir to combine and set aside for about 30 minutes.

Gochujang is available from the Asian aisle of large supermarkets or Asian grocers.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
552g	2890kJ 691kcal	40.7g	23.8g	6.2g	74.9g	11.6g	1430mg	5.1g

All nutrition values are per serve.