

# Vegetarian Bibimbap Bowls with Winter Veggies



Preparation time:	30 mins
Serves:	2 people
User Rating:	★★★★☆

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If you're not familiar with bibimbap, it's a traditional Korean dish that basically consists of rice topped with sautéed vegetables, meat, spicy sauce and quite often, a fried egg. As this is a vegetarian bibimbap, meat has been omitted.

Kimchi can often have fish and/or anchovy paste added to it, so it may not be vegetarian. You can swap this to a sauerkraut which should be vegetarian-friendly.



## Ingredients

- $\frac{3}{4}$  cup rice (any variety you like), measured uncooked
- 2-4 eggs (depending on whether you would like 1 or 2 eggs per bowl)
- 2 cups broccoli, chopped into small florets (around 160-190 grams)
- 1 medium-large carrot
- 2.5 cups mushrooms, sliced (about 170-200 grams)
- 4 big handfuls of baby spinach (around 100 grams)
- 2 spring onions
- 1 tbsp sesame seeds
- 3 tbsp tamari or gluten-free soy sauce
- 1 tbsp sesame oil
- 1 tsp garlic powder
- Coconut oil, macadamia oil or olive oil, for cooking
- Salt and pepper
- Kimchi or sauerkraut to serve

### For pickling the carrot:

- $\frac{1}{2}$  cup rice vinegar (can substitute apple cider vinegar)
- $\frac{1}{2}$  cup water
- 2 tbsp maple syrup or honey

### Bibimbap sauce:

- 3 tbsp sriracha sauce
- $\frac{1}{2}$  tsp garlic powder
- 1 tbsp maple syrup
- 1 tsp sesame oil

## Method

If you'd like to have pickled carrots, start this recipe a day or two before so the carrots have time to pickle.

To make the pickle: cut the carrot into matchsticks. Combine vinegar, water and maple syrup in a saucepan and bring to the boil, allow to bubble for 1 minute then cool for 5 minutes. Pack the carrot sticks into a container/jar and pour over the liquid. Pop in the fridge.

Bibimbap:

1. Prepare rice according to packet instructions. While the rice is cooking, you can start to cook the vegetables.
2. Get your sauces ready: make the vegetable stir-fry sauce by combining the tamari/soy-sauce, 1 tablespoon sesame oil, 1 teaspoon garlic powder and 2 tablespoons of water. Make the bibimbap sauce by combining the sriracha,  $\frac{1}{2}$  teaspoon garlic powder, 1 tablespoon maple syrup and 1 teaspoon sesame oil.
3. Take a fry pan and add a teaspoon of your chosen cooking oil. Add the broccoli to the pan, and sauté over a moderate heat for 3 minutes or until softened. As the broccoli is cooking, add 2 tbsp of the stir-fry sauce to the pan. Once the broccoli is done, slide it off onto a plate and set aside (you could put this in a very low-heat oven to keep warm).
4. Repeat the stir-fry process for the sliced mushrooms and the spinach, cooking each until softened and splashing through some stir-fry sauce.
5. Once the rice and all of the vegetables are cooked, arrange into two bowls. Add a serve of kimchi/sauerkraut and pickled carrot. Finally, fry up your eggs, keeping the yolks soft and runny. Slide them onto the top of the bowls.
6. Garnish bowls with bibimbap sauce, chopped spring onion and sesame seeds.

## Notes

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Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
660g	3140kj 750kcal	24.1g	26.6g	4.6g	93.4g	36.2g	2910mg	11.5g