Korean beef bibimbap bowl

COOK TIME	15 min
PREP TIME	10 min
MAKES	4 servings

Bibimbap bowls have become all the rage, and if you're looking to dig into one, this recipe is for you. Fresh leafy greens, shitake mushrooms, crunchy veggies, sesame seeds and Korean beef give this dish a world of flavor that you won't want to miss.

INGREDIENTS

- 3 packages of SEEDS OF CHANGE™ Organic Aromatic Jasmine Rice
- 2 tbsps. honey
- 8 ounces beef steak, thinly sliced
- 1 tbsp. olive oil, divided
- 3 ounces baby spinach
- 2/3 cup cucumber, sliced thinly
- 3 tbsps. reduced sodium soy sauce
- 1 tbsp. Gochujang sauce
- 4 eggs
- 1 1⁄2 ounces shiitake mushrooms, sliced
- 1⁄2 cup shredded carrots
- 1 tbsp. seasoned rice vinegar
- 1⁄4 cup kimchi
- 1⁄4 cup green onion, sliced
- 1 tbsp. sesame seeds

DIRECTIONS

1. In a small bowl, mix together soy sauce, honey and about half of the Gochujang sauce; stir in beef to coat completely and set aside.
2. Prepare 4 sunny side-up eggs by heating a medium lidded and preferably non- stick skillet over medium heat with 1?2 tbsp. olive oil. Add eggs to skillet, cover and cook for about one minute. Add 1 tbsp. water to the pan and return lid to steam the eggs. Cook for 1–2 minutes more or until your preferred level of doneness. Set eggs aside.
3. Massage pouches of rice to loosen grains and tear corner of each pouch to vent. Cook

two pouches at once by placing both vented pouches together in microwave for 2 1?2 minutes. Heat remaining pouch for 90 seconds. While rice is heating, place medium skillet over medium-high heat and add remaining 1?2 tbsp. of olive oil to pan. Remove beef from marinade and set marinade aside. Add beef to skillet and saute? for 1 minute. Add mushrooms and reserved marinade and continue cooking until sauce is bubbly and beef is cooked to desired doneness.

4. Divide hot rice between 4 bowls and place beef mixture on top of rice in each bowl. Add spinach to same skillet while still hot and cover to wilt greens for 1 minute, adding 1 tbsp. water to create steam if needed. Drain vinegar from cucumbers and carrots. Arrange spinach, cucumber mix, kimchi and egg around beef. Garnish with green onions and sesame seeds. Add remaining Gochujang sauce to taste preference and enjoy.

NUTRITION INFO

Column 1	Column 2
Servings	4
Calories (per serving)	560
Total Fat	16g
Saturated Fat	4.5g
Trans Fat	0g
Total Fat % DV	21%
Saturated Fat % DV	23%
Trans Fat % DV	0%
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	610mg
Sodium % DV	27%
Total Carbohydrate	78g
Dietary Fiber	1g
Sugars	10g
Total Carbohydrates % DV	28%
Dietary Fiber % DV	4%
Protein	39g

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Coconut ginger vegetable curry

Cook time

20 min

Prep time

20 min



Kimchi rice bowl

Cook time

5 min

Prep time

5 min



Simple spicy tofu sushi

Cook time

1.5 min

Prep time

10 min



Sushi bake

Cook time

15 min

Prep time

5 min

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