



UCOOK

Korean Beef Bibimbap

with pickled radish, sesame oil & spicy mayo

A popular Korean dish that is a wonderful exploration of different tastes and textures. Black rice is topped with an array of deliciousness including fried tender beef, sesame oil-basted cabbage & edamame beans, a spicy mayo, and pickled radish.


Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Thea Richter

Adventurous Foodie

 Muratie Wine Estate | Muratie Martin Melck
Cabernet Sauvignon 2019

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Ingredients & Prep

225ml	Black Rice <i>rinse</i>
60g	Radish
3	Spring Onions
300g	Cabbage
30ml	Rice Wine Vinegar
150ml	Kewpie Mayo
15ml	Gochujang
15ml	White Sesame Seeds
450g	Free-range Beef Strips
22,5ml	Sesame Oil
150g	Edamame Beans
8g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Egg/s (optional)
Paper Towel

1. RICE & SHINE Place the rinsed rice in a pot with 900ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 30-35 minutes. Drain (if necessary) and cover.

2. PREP & PICKLE Rinse and thinly slice the radish. Rinse and finely slice the spring onions, keeping the white and green parts separate. Rinse and thinly slice the cabbage. In a bowl, combine the vinegar, 30ml of water, and 15ml of sweetener (to taste). Add the radish rounds and toss until coated. Set aside. In a small bowl, combine the mayo and the gochujang (to taste). Loosen with water in 5ml increments until a drizzling consistency. Set aside.

3. SESAME SEEDS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. FRIED BEEF Return the pan to medium-high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan, season, and cover.

5. FLAVOURFUL CABBAGE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the spring onion whites and the sliced cabbage until slightly softened, 2-3 minutes (shifting occasionally). In the final minute, toss through the sesame oil, the edamame beans, and seasoning. Remove from the pan and cover.

6. OPTIONAL EGG Place a non-stick pan over medium-high heat with a drizzle of oil. Crack in 3 eggs (optional) and fry until cooked through to your preference. We like the yolk runny and the white just set! Remove from the heat and season. Drain the pickling liquid from the radish.

7. BIBIMBAP! Make a bed of rice. Top with the sautéed cabbage & edamame beans, the fried beef, the pickled radish, and the fried egg (if using). Drizzle over the spicy mayo (to taste). Sprinkle over the picked coriander, the spring onion greens, and the toasted sesame seeds. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	855kj
Energy	204kcal
Protein	10g
Carbs	14g
of which sugars	1.6g
Fibre	2.6g
Fat	4.6g
of which saturated	0.8g
Sodium	56mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Eat
Within
4 Days