



UCOOK

Korean Beef Rice Bowl

with pickled cucumber, sesame oil & spicy mayo

We're making one of Korea's most popular dishes today, Chef! If you haven't tried bibimbap before, you will discover why it's a global favourite as you take a forkful of fluffy jasmine rice, topped with cabbage, spinach, & spring onion fried in sesame oil. Soy beef strips, pickled cucumber, and an optional egg bring bags full of umami and a spicy mayo drizzle the flair.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

Fan Faves

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

75ml	Jasmine Rice <i>rinse</i>
15ml	Rice Wine Vinegar
50g	Cucumber <i>rinse & cut into thin rounds</i>
15ml	Kewpie Mayo
5ml	Gochujang
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
100g	Cabbage <i>rinse & thinly slice</i>
50g	Spinach <i>rinse & roughly shred</i>
5ml	Sesame Oil
150g	Free-range Beef Rump Strips
15ml	Low Sodium Soy Sauce
3g	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 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. PICKLED CUCUMBER In a bowl, combine the vinegar, 10ml of water, and 5ml of sweetener. Add the cucumber rounds and toss until fully coated. Set aside to pickle.

3. SPICY MAYO & CABBAGE In a small bowl, combine the mayo and the gochujang (to taste). Loosen with water in 5ml increments until a drizzling consistency. Set aside. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the spring onion whites, the sliced cabbage, and the shredded spinach until slightly softened, 2-3 minutes (shifting occasionally). In the final minute, toss through the sesame oil and seasoning. Remove from the pan and cover.

4. SOY-GOOD BEEF Place a pan over 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). In the final 30 seconds, add the soy sauce and 5ml of sweetener. Remove from the pan, season, and cover.

5. OPTIONAL EGG Place a nonstick pan over medium-high heat with a drizzle of oil. Crack in 1 egg 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 cucumber.

6. BIBIMBAP! Make a bed of jasmine rice. Top with the sautéed cabbage and spinach, fried beef, and pickled cucumber. Top with the fried egg (if using). Drizzle over the spicy mayo (to taste) and sprinkle over the picked coriander and spring onion greens. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	659kJ
Energy	158kcal
Protein	8.4g
Carbs	13g
of which sugars	1.6g
Fibre	1.3g
Fat	3.5g
of which saturated	0.9g
Sodium	259mg

Allergens

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

Eat
Within
4 Days