

QCOOK

Korean Beef Bibimbap

with pickled radish, sesame oil & spicy mayo

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	952kj	4617kj
Energy	228kcal	1104kcal
Protein	9.4g	45.8g
Carbs	14g	69g
of which sugars	1.6g	7.7g
Fibre	2.6g	12.8g
Fat	11.9g	57.9g
of which saturated	1.1g	5.6g
Sodium	117mg	567mg

Allergens: Sulphites, Egg, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Black Rice <i>rinse</i>
20g	40g	Radish
1	2	Spring Onion/s
100g	200g	Cabbage
10ml	20ml	Rice Wine Vinegar
50ml	100ml	Kewpie Mayo
5ml	10ml	Gochujang
5ml	10ml	White Sesame Seeds
150g	300g	Beef Rump Strips
7,5ml	15ml	Sesame Oil
50g	100g	Edamame Beans
3g	5g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Egg/s
Paper Towel

1. RICE & SHINE Place the rice in a pot with 300ml [600ml] 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. Finely slice the spring onion, keeping the white and green parts separate. Thinly slice the cabbage. In a bowl, combine the vinegar, 10ml [20ml] of water, and 5ml [10ml] of sweetener (to taste). Add the radish 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 dry with paper towel. Sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan, season, and cover.

5. FLAVOURFUL CABBAGE Return the pan to medium-high heat with a drizzle of oil. Fry the spring onion whites and the cabbage until slightly softened, 1-2 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 1 [2] egg/s (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. BEST BIBIMPAP EVER Make a bed of rice. Top with sautéed cabbage and 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!