KOREAN · LUNCH · DINNER

Bibimbap Mixed Rice Bowl

45 min · Serves 2 · 1,015 kcal a serve · Video 6:41 · Chung's K Food

No dairy listed · No nuts listed

Five vegetables (about 270 g a bowl), 100 g of beef and an egg give each bowl about 42 g of protein and 8 g of fibre, and make it rich in vitamins A, C and K, folate and iron. It is a big bowl and salty (about 2,600 mg sodium).

Diet notes: Low saturated fat (9.6 g, 9% of the energy); Gluten-free with a swap: Use tamari in place of soy sauce and a certified gluten-free gochujang (many contain wheat).

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Ingredients 19 · SERVES 2

- [ ] cooked **white rice**, 1 bowl per serve (about 7 oz)
- [ ] 7 oz thinly sliced **beef**
- [ ] 2 Tbsp **soy sauce**, for the bulgogi
- [ ] 1 Tbsp **honey** (or sugar) for the bulgogi + ½ Tbsp for the radish salad
- [ ] about 3½ Tbsp **sesame oil** in total (1 Tbsp each for the bulgogi, bean sprouts and spinach, plus a drizzle to serve)
- [ ] about 1½ Tbsp minced **garlic** in total (½ Tbsp for the bulgogi, 1 tsp for the radish, a little for each namul)
- [ ] a bit of **ground black pepper**
- [ ] 7 oz **Korean radish**, thinly sliced
- [ ] 1 Tbsp **gochugaru** (Korean red pepper flakes)
- [ ] 1 Tbsp **fish sauce**
- [ ] 4 oz **soybean sprouts**
- [ ] 3 oz **spinach**
- [ ] 1½ Tbsp **sesame seeds** (½ Tbsp each for the sprouts, spinach and radish)
- [ ] ½ **carrot**, julienned
- [ ] ½ **zucchini**, julienned (seedy core removed)
- [ ] about 2 Tbsp **oil** in total (½ Tbsp each for the zucchini and carrot, about 1 Tbsp for frying)
- [ ] **salt**: a pinch for the radish, zucchini and carrot, 2 pinches each for the namul
- [ ] 2 **eggs**, fried
- [ ] a bit of **gochujang** (about ½ Tbsp per bowl), to mix in

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish, Egg, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the radish into thin strips, toss with a little salt and rest 10 minutes. Julienne the zucchini (discard the seedy core) and carrot. Slice the beef thinly and marinate with the soy sauce, 1 Tbsp sesame oil, ½ Tbsp garlic, 1 Tbsp honey and pepper. 0:40
2. Blanch the soybean sprouts in boiling water 2–3 minutes, rinse in cold water and drain. Blanch the spinach in the same water for 1 minute, cool in cold water and squeeze dry. 2:05
3. Heat ½ Tbsp oil in a pan and stir-fry the zucchini over high heat for a minute with a pinch of salt. Repeat with the carrot, then cook the marinated beef in the same pan until browned through. Fry the eggs to your liking. 2:32
4. Season the sprouts and the spinach separately, each with two pinches of salt, 1 Tbsp sesame oil, ½ Tbsp sesame seeds and a little minced garlic. 3:24
5. Squeeze the water from the salted radish and toss with the gochugaru, fish sauce, ½ Tbsp sesame seeds, 1 tsp garlic and ½ Tbsp honey to make musaengchae. 4:03
6. Put a bowl of rice in each serving bowl and arrange the spinach, sprouts, carrot, zucchini, radish salad and beef in sections on top. Set a fried egg in the centre, add a little sesame oil and a spoon of gochujang, then mix well to eat. 4:47

> **Tip** Serves 2 (our estimate: the cook makes two bowls). Use less gochujang and fish sauce to cut the salt. Dolsot style: 1 Tbsp sesame oil in a hot stone bowl, add rice and toppings, low heat 5–10 min. Namul keep 3 days.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
1,015 kcal 4,250 kJ	42 g 85% of a day	94 g 86 g net · 24 g sugars 34% of a day
FIBRE	**FAT**	**SODIUM**
8.2 g 29% of a day	54 g 9.6 g saturated 69% of a day	2,590 mg 113% of a day

Energy from net carbs 34% · protein 17% · fat 49%

High in (20%+ of a day) Vitamin K 236% · Selenium 111% · Omega-3 97% · Vitamin B6 70% · Vitamin B12 69% · Zinc 65% · Vitamin A 61% · Vitamin C 61% · Folate 57% · Magnesium 45% · Iron 42% · Vitamin E 39% · Potassium 30% · Calcium 20%

⚠ One serve has about 113% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Chung's K Food (@chungskfood) on YouTube — youtube.com/watch?v=aj9_FPyLT2Y, published 7 January 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bibimbap