KOREAN · LUNCH · DINNER

Kimchi Bokkeumbap (Simple Kimchi Fried Rice)

15 min · Serves 3 · 352 kcal a serve · Video 4:11 · Maangchi

Pescatarian · No dairy listed · No nuts listed

A thrifty meal built on sour kimchi: about 350 kcal a serve with only 3.5 g sugars and over a third of a day's vitamin K. It is light on protein (about 7 g), so add the fried egg Maangchi suggests.

Diet notes: Low saturated fat (1.3 g, 3% of the energy); Gluten-free with a swap: Use a gluten-free gochujang to keep it gluten-free.

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Ingredients 10 · SERVES 3

- [ ] 3 cups (3 bowls) **freshly cooked short-grain rice**
- [ ] 1 cup **kimchi** (aged and sour), chopped small
- [ ] ¼ cup **kimchi juice** from the jar
- [ ] ¼ cup **water**
- [ ] 2 tbsp **gochujang** (hot pepper paste)
- [ ] 1 tsp **vegetable oil**
- [ ] 3 tsp **toasted sesame oil** (2 tsp stirred in, a little more to finish)
- [ ] 1 **green onion**, chopped
- [ ] 1 tbsp **roasted sesame seeds**
- [ ] **gim** (1 sheet roasted seaweed), cut into thin strips

Allergens found in the listed ingredients: Gluten, Fish, 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. Chop 1 cup sour, well-fermented kimchi into small pieces. 0:55
2. Heat 1 tsp vegetable oil in a wide heavy pan or wok and stir-fry the kimchi over medium-high heat for about 1 minute, then turn the heat to medium. 1:32
3. Add the 3 cups of rice, ¼ cup kimchi juice, ¼ cup water and 2 tbsp gochujang, and stir and press everything together with a wooden spoon for about 7 minutes until evenly red and hot. 2:09
4. Stir in 2 tsp sesame oil and take the pan off the heat. 2:53
5. Top with the chopped green onion, a little more sesame oil, strips of gim and the sesame seeds, and serve straight away from the pan. 3:06

> **Tip** Maangchi's written recipe suggests a fried egg on each bowl for extra protein, and says you can add beef, chicken or pork. Use old, sour kimchi for the best flavour.

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

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
352 kcal	7.3 g	61 g	2.9 g	8.8 g	630 mg
1,470 kJ	15% of a day	58 g net · 3.5 g sugars	10% of a day	1.3 g saturated	27% of a day
		22% of a day		11% of a day	

Energy from net carbs 68% · protein 9% · fat 23%

High in (20%+ of a day) Vitamin K 36% · Selenium 30%

Source of (10–19%) Vitamin B6 17% · Iron 16% · Folate 16% · Zinc 13% · Magnesium 12% · Omega-3 12% · Vitamin B12 10%

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=Lf44Fk7H24s, published 25 June 2013. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/kimchi-bokkeumbap-fried-rice