



MAY
2016

Vegetarian Bibimbap

with Shaved Vegetables, Crispy Mushrooms, and Pickled Scallions

Bibimbap translates to “mixed rice” in Korean. This traditional Korean dish can be made with almost any ingredients, but always starts with a bed of rice and a medley of sautéed vegetables. A perfectly fried egg makes an excellent addition!



Prep: 15 min
Total: 45 min



level 2



veggie



nut free



dairy free



Button Mushrooms



Brocolini



Zucchini



Carrot



Soy Sauce



White Wine
Vinegar



Scallions



Garlic



Ginger



Brown Rice




Sesame Seeds



Hot Sauce

Ingredients

	2 People	4 People
Button Mushrooms	8 oz	16 oz
Broccoli	6 oz	12 oz
Zucchini	1	2
Carrot	1	2
Soy Sauce	1) 2)	2 Jar
White Wine Vinegar	2 T	4 T
Scallions	2	4
Garlic	2 Cloves	4 Cloves
Ginger	1 Thumb	2 Thumbs
Brown Rice	¾ Cup	1 ½ Cup
Sesame Seeds	1 T	2 T
Hot Sauce 	1 T	2 T
Sugar*	1 t	2 t
Eggs*	2	4
Olive Oil*	2 t	4 t

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Eggs

Tools

Medium pot, Strainer, Peeler, 2 Small bowls, Large pan

Nutrition per person Calories: 480 cal | Fat: 10 g | Sat. Fat: 1 g | Protein: 17 g | Carbs: 87 g | Sugar: 15 g | Sodium: 1126 mg | Fiber: 12 g

Ruler

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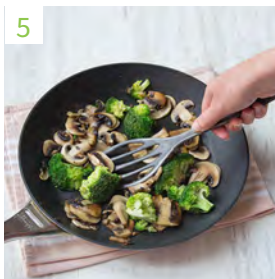
1 Cook the rice: Wash and dry all produce. Bring a medium pot of water to a boil with a large pinch of salt. Once boiling, add the rice and cook for 25-30 minutes, until tender. Drain, (just like pasta) and return to the pot. Keep covered until the rest of the meal is ready.

2 Prep the vegetables: Peel the carrot with a peeler and shave it into ribbons lengthwise. Repeat with the zucchini. Trim the ends of the scallions, then thinly slice. Cut the broccoli into 1-inch pieces. Thinly slice the mushrooms. Mince or grate the garlic. Peel and mince the ginger.

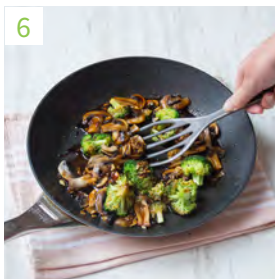


3 Pickle the scallions: Toss the scallions in a small bowl with the vinegar and a pinch of salt.

4 Make the ginger-soy sauce: In a another small bowl, combine the soy sauce, garlic, ginger, and 1 teaspoon sugar.



5 Cook the veggies: Heat a drizzle of olive oil in a large pan over medium heat. Add the carrots and season with salt and pepper. Cook, tossing for 4-5 minutes, until crisp-tender. Remove from the pan and set aside. Repeat with the zucchini. Remove from the pan and set aside. Add the broccoli and mushrooms and a drizzle of oil to the pan and cook, tossing for 6-8 minutes, until golden brown and slightly crispy. Season with salt and pepper and set aside with the other veggies. **Optional:** If you've got them, this would be the time to fry up two sunny-side eggs in the pan! If not, proceed to step 6.



6 Simmer the sauce: Pour the ginger-soy sauce into the pan, reserving a spoonful. Simmer for 1-2 minutes, until thickened.

7 Plate and serve: Plate the rice and arrange the zucchini, carrots, broccoli, and mushrooms on top. Sprinkle with pickled scallions and sesame seeds. Top with the sunny-side eggs, if using. Drizzle with the reserved ginger-soy sauce and hot sauce (to taste). Enjoy!