



'BIBIMBAP' (KOREAN CRISPY PORK RICE BOWL)

Serves 4 | Serves of Veg 4 | 0:20 Prep | 0:25 Cook



NUTRITION PANEL

NUTRITION INFORMATION		
Servings per package: 4		
Serving size:	450 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2330 kJ	518 kJ
Protein	38.5 g	8.6 g
Fat, total	24.3 g	5.4 g
- saturated	7.4 g	1.6 g
Carbohydrate	41.6 g	9.2 g
- sugars	4.7 g	1 g
Sodium	727 mg	162 mg

SHOPPING LIST



Basmati Rice



Garlic



Dried Chilli Flakes



Rice Vinegar



Soy Sauce



Cucumber



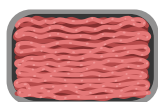
Carrot



Olive Oil



Sesame Seeds



Pork Mince



Ginger



Sesame Oil



Eggs



Bok Choy



Green Onion



Sugar



Salt & Pepper

SCAN QR FOR MORE RECIPE IDEAS



Ingredients

- 2 cups basmati rice
- 4 eggs
- 500g pork mince
- 1 tsp dried chilli flakes
- 20ml sesame oil
- 20g ginger, fresh
- 2 Green Onion
- 2 garlic clove
- 60ml rice vinegar
- 60 ml soy sauce
- 3 carrot
- 1-2 bunch bok choy
- 1 cucumber
- 1 tbs Sesame seeds

Also require:

- Sugar
- Oil
- Salt

Recipe Steps

1. Combine **rice vinegar** and **2 tsp sugar** in a medium sized bowl. Grate carrot with wide side of box grater, add carrot to vinegar mixture. Set aside.
2. Cut **cucumber** into half-moons, set aside.
3. Add **basmati rice** & 3 cups cold water to a pot with a lid. Bring to boil over high heat. Once boiling, reduce the heat to very low, cooking, covered for 10-12 mins or until all the water's absorbed and rice is cooked. Tip: don't let steam escape, keep the lid on tight!
4. Meanwhile, heat a large wide-based pan with a drizzle of **oil** over medium heat. Once hot, add **pork mince** cooking for 3-5 mins, browning, breaking apart with a wooden spoon.
5. While the pork cooks, peel **ginger & garlic**. Keep separate: Grate ginger & garlic with fine side of box grater. Trim, slice **green onion** finely. Wash, then chop **bok choy**, separating white base & green tops – pat dry with kitchen paper.
6. Once pork has browned, add the **soy sauce, toasted sesame oil, sliced spring onion, chopped ginger, chilli flakes** (optional: to taste), **1 tsp sugar** & half the chopped garlic – save the rest for later! Cook for 2 minutes further. Once everything has softened, & pork is cooked through – transfer to a bowl.
7. Return pan to med-high heat – no need to clean! Add a drizzle of oil, once hot, add **white bases bok choy** (keep the shredded green for later) & the **remaining garlic**. Cover with a lid and cook for 2-3 minutes, then add the **shredded green tops**, cover and cook 1-2 mins or until wilted.
8. With the same pan, heat to medium heat and sprinkle in sesame seeds, crack **eggs** into the pan over the sesame seeds.
9. Cook eggs, covered for 2-2 minutes or until done to your liking.
10. To Serve: Divide the rice into bowls, add crispy pork, top with cucumber, pickled carrot, bok choy & fried sesame seed egg

