

Bibimbap

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

A traditional Korean comfort food. Bibimbap literally means mixed rice. A one bowl wonder, this dish is made with rice, vegetables and tofu with the diverse Korean flavor of gochujang sauce.

Servings: 10

Serving size: 1 bowl

Ingredients	Quantity	Measure
Brown rice, cooked	6 cups cooked (1 ½ cups dry)	
*Tofu, firm, drained, cubed	3	14-ounce packages
Corn starch	1/3	cup
Sesame oil	2	Tbsp.
Mushrooms, sliced	1 ¼	pounds
Soy sauce, reduced sodium, divided	2	Tbsp.
Sesame seed, divided	¼	cup
Water	2	Tbsp.
Garlic, minced	1	Tbsp.
Spinach, fresh	5	cups
Salt	1	tsp.
Gochujang sauce or cayenne pepper		to taste
Cucumber, diced (English, if available)	2 ½	cups
Radishes, thinly sliced	2/3	cup
Green onions, thinly sliced on a bias	2/3	cup
Carrots, shredded	2 ½	cups

Preparation

*Please see separate page for tofu pressing instructions.

1. Check with instructor to be sure rice is already prepared. Keep rice warm.
2. If not, prepare rice using one of the following methods:
 - a. Combine water and rice. Steam covered for approximately 15 minutes.
 - b. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
 - c. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

Bibimbap Continued

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3. Roll the tofu cubes in the corn starch in a large bowl.
4. Heat the sesame oil in a large skillet and fry the tofu for about 4 minutes.
5. Add one tablespoon of soy sauce and cook for another minute. Sprinkle with 1 ½ tablespoons of sesame seeds and remove from the pan. Put aside.
6. In the same pan, cook the mushrooms with ½ tablespoon of soy sauce. This will deglaze the mushrooms, meaning the sediments on the bottom of the pan that are full of flavor, are rehydrated using a liquid and heat, while stirring.
7. Add two tablespoons of water to the pan and sauté the garlic with the mushrooms, for 2 minutes.
8. Add the spinach to the garlic and mushrooms and put a lid on the pan. Cook for about 2 minutes or just until the spinach wilts.
9. Season with salt and cayenne pepper and add another ½ tablespoon of soy sauce. Optional: Sprinkle with 1 ½ tablespoons of sesame seeds.
10. See serving instructions below.

Serving Information

To serve, portion the rice in a large bowl or plate. Top the rice with the spinach and mushroom mix, fried tofu, sliced cucumber, sliced radishes, green onions and shredded carrots. Top with remaining sesame seeds and gochujang sauce, if desired. 1 complete Bibimbap bowl would include ½ cup rice, ½ cup tofu, ¼ cup cucumber, ½ cup spinach and mushroom mixture, ¼ cup shredded carrots, 1 tablespoon of sliced radishes and 1 tablespoon green onions.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 476 Total Fat: 19g Saturated Fat: 3g Monounsaturated Fat: 7g Polyunsaturated Fat: 8g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 60g Fiber: 8g Total Sugar: 4g Protein: 19g Sodium: 361mg Vitamin A: 456µg Vitamin C: 18mg Calcium: 393mg Iron: 6mg Folate: 142µg

