



KOREAN BIBIMBAP

Prep: 1h 15min + cooling – Serves 2 – A little effort

150g sushi rice
270ml water

½ cucumber
1 carrot
150g spinach
8 mushrooms
150g beansprouts
2 spring onions, sliced
2 garlic cloves, crushed
sesame seeds
sesame oil
1 tbsp sunflower oil
1 tbsp soy sauce
2 eggs
salt

For the bibimbap sauce:

2 tbsp sriracha sauce
2 tbsp sesame oil
2 tbsp sugar
½ tsp crushed garlic

1. Start by preparing the rice. Put the rice into a colander and rinse until the water runs dry. Put into a heavy-based saucepan with the 270ml of water, cover and bring to the boil. Reduce the heat and leave to simmer for 10 minutes. Turn off the heat after 10 minutes, take off the lid and cover the saucepan with a teatowel for 10 minutes, to absorb the rest of the moisture. Set aside and leave to cool completely.*
2. Once the rice is cool, you can prepare the rest.
3. Slice the cucumber open lengthwise and remove the seeds with a teaspoon. Finely slice the cucumber halves, put into a colander and sprinkle with ½ tsp of salt. Leave to soak for 15 minutes. After 15 minutes, rinse the cucumber and squeeze out any excess moisture. Mix with 1 tsp of sesame oil, ½ tsp of sesame seeds and 1 tbsp of spring onion slices. Set aside.
4. Meanwhile, peel the carrot and cut into fine julienne strips. Wash the spinach. Clean the mushrooms and cut into fine slices.

5. Heat 2 tablespoons of sunflower oil in a frying pan and fry the cooled rice in the pan, without stirring, so that you get a crust at the bottom – this will take about 10 minutes.
6. Meanwhile, bring a large pot of salted water to the boil and blanch the spinach leaves for 1 minute. Remove with a slotted spoon, put into a colander and rinse under a running tap. Put into a bowl and mix with 1 tbsp of spring onion slices, ½ tsp of crushed garlic, 1 tsp sesame oil, ½ tsp sesame seeds and a pinch of salt. Set aside.
7. Cook the beansprouts in the same pot as the spinach for 3 minutes. Drain, put into a bowl and add ½ tsp garlic and 2 tsp sesame oil. Set aside.
8. Heat 1 tbsp of sunflower oil in a frying pan and fry the mushrooms until they have released all their water and start to brown. Add 1 tsp of crushed garlic and 1 tbsp of soy sauce and fry for another minute. Put into a bowl and set aside.
9. In the same frying pan, heat a teaspoon of sunflower oil and fry the carrot with a pinch of salt until al dente. Put into a bowl and set aside.
10. Mix all the sauce ingredients in a small bowl.
11. Heat 2 tbsp sunflower oil in a frying pan and fry the eggs to your liking.
12. Distribute all the ingredients between two plates and top with a fried egg. Add a few dollops of sauce and mix everything together.

*If you don't care for crispy fried rice, you can serve the rice at this stage in the finished bibimbap.

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