



SEP
2016

Vegetarian Bibimbap

with Shaved Vegetables, Crispy Mushrooms, and Pickled Scallions

Bibimbap is Korean for “mixed rice” and is commonly used as a “clean out the refrigerator” sort of meal. It always starts with a bed of rice and is then topped with a medley of sautéed veggies. We top it off with a perfectly fried egg for a balanced, wholesome, and protein-packed vegetarian dinner.



Prep: 5 min
Total: 35 min



level 2



gluten free



veggie



dairy free



nut free



Eggs



Brown Rice



Button Mushrooms



Baby Broccoli



Zucchini



Carrot



Scallions



Soy Sauce



White Wine Vinegar



Garlic



Ginger




Sesame Seeds



Hot Sauce

Ingredients

	2 People	4 People
Eggs	2	4
Brown Rice	¾ Cup	1½ Cups
Button Mushrooms	8 oz	16 oz
Baby Broccoli	6 oz	12 oz
Zucchini	1	2
Carrot	1	2
Soy Sauce	2 ½ T	5 T
White Wine Vinegar	2 T	4 T
Scallions	2	4
Garlic	2 Cloves	4 Cloves
Ginger	1 Thumb	2 Thumbs
Sesame Seeds	1 T	2 T
Hot Sauce 	1 T	2 T
Sugar *	1 t	2 t
Oil *	1 T	2 T

*Not Included

Allergens

1) Eggs

2) Soy

Tools

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

Nutrition per person Calories: 570 cal | Fat: 18 g | Sat. Fat: 3 g | Protein: 23 g | Carbs: 85 g | Sugar: 13 g | Sodium: 694 mg | Fiber: 12 g

2



1 Cook the rice: Bring a medium pot of **salted water** to a boil. Once boiling, add the **rice**. Cook 25-30 minutes, until tender. Drain and return to the same pot. Keep covered until the rest of the meal is ready.

2 Prep the veggies: **Wash and dry all produce.** Peel the **carrot** and use a vegetable peeler to shave into ribbons. Repeat with the **zucchini**. Trim the ends off the **scallions**, then thinly slice. Thinly slice the **mushrooms**. Mince or grate the **garlic**. Peel and mince the **ginger**. Trim and cut the **baby broccoli** into 1-inch pieces.

3



3 Pickle the scallions and make the sauce: Toss the **scallions** in a small bowl with the **vinegar** and a pinch of **salt**. In another small bowl, combine the **soy sauce**, **garlic**, **ginger**, and **1 teaspoon sugar**.

4 Cook the veggies: Heat a drizzle of **oil** in a large pan over medium heat. Add the **carrot** 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 **baby broccoli**, **mushrooms**, and a drizzle of **oil** to the pan. Cook, tossing, for 6-8 minutes, until golden brown and slightly crispy. Season with **salt** and **pepper** and set aside with the other veggies.

4



5 Fry the eggs: Heat a drizzle of **oil** in the same pan over medium high heat. Crack the **eggs** into the pan. Fry 1-2 minutes, until whites are set and edges begin to crisp. Cover the pan to finish cooking the eggs to desired doneness. (**TIP:** Before covering, you can add a teaspoon or so of water to the pan to steam the eggs quickly.) Remove eggs from the pan.

5



6 Simmer the sauce: Pour the **ginger soy sauce** into the pan. Simmer over medium-high heat for 1-2 minutes, until thickened.

7 Plate and serve: Plate the rice and arrange the **shaved vegetables**, **baby broccoli**, **crispy mushrooms**, **pickled scallions** and **sesame seeds** on top. Top with the **fried eggs** and drizzle with the **ginger soy sauce** and **hot sauce** (if desired). Enjoy!