

Recipe: Daebak Bibimbap

Main dish

Korean mixed rice with assorted vegetables: Julienned cucumber, bean sprouts, spinach, carrots and fried egg.

Preparation time: 30 minutes

Cooking time: 25 minutes

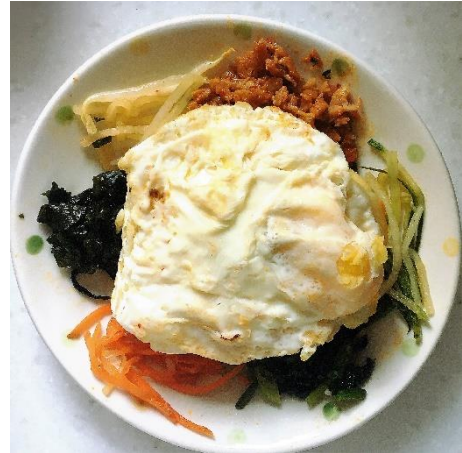
Serves 10 children

Ingredients

- 200g white rice, raw
- 100g brown rice, raw*
- 400ml water
- ½ teaspoon of table salt
- 200g beansprouts
- 100g spinach
- 200g carrot, shredded
- 50g plain seaweed/Kombu, soaked
- 30 ml canola oil*
- 500g chicken breast, sliced (skinless, boneless)
- 20g garlic, minced
- 100g tomato sauce (pasta sauce)
- 10 small eggs, whole
- 100g cucumber, shredded



* Choose products with the Healthier Choice Symbol



Nutrition Information (Per serving): 260 g

Energy 269 kcal

Protein 16.7 g

Total fat 9.1 g

Saturated fat 2.0 g

Carbohydrates 29.0 g

Dietary fibre 2.0 g

Sodium 271 mg

Methods

1. Wash and cook the mixed rice with water in a rice cooker.
2. Boil a pot of water and add ½ teaspoon salt.
3. Blanch beansprouts, spinach, carrots, seaweed for 3 minutes in a boiling water separately then set aside.
4. Add oil to a heated frying pan and stir fry the chicken slices with minced garlic and tomato sauce until the chicken slices turn white and is fragrant.
5. Pan fry the egg on both sides with a little oil until fully cooked.
6. Assemble the bibimbap by starting with mixed brown rice at the bottom of the bowl. Arrange carrots, seaweed, spinach, chicken slices and cucumber around the bowl and top with egg.

Tip:

- For a more flavorful rice, add plain seaweed or garlic to the rice when cooking.
- Use regular bean sprouts, instead of soya bean sprouts (which is used in most Korean bibimbap recipes), which is cheaper.

Cost Per Serving: \$ 0.80