

Recipe: Seoul Good Gimhap

Main dish

Delicious Korean seaweed mixed brown rice roll packed with flavourful fillings that dances on your palate.

Preparation time: 30 minutes

Cooking time: 30 minutes

Serves 12 children

Ingredients

- 800g white rice, cooked
- 800g brown rice*, cooked
- 2 tablespoons white vinegar
- 15 ml canola oil*
- 5 eggs, beaten with 1 teaspoon light soya sauce*
- 150 g carrot, cut in strips
- 300 g spinach, finely chopped
- 9 teaspoons sesame oil
- 1½ teaspoons salt
- 12 nori sheets
- 240g Japanese cucumber, cut in strips



* Choose products with the Healthier Choice Symbol

Method

1. Prepare the rice by combining the cooked rice and vinegar together until evenly mixed.
2. Add canola oil into a heated frying pan, and fry the eggs into a flat thin omelette.
3. When cooked, remove, cool and cut into strips.
4. Blanch carrot in boiling water for 4 minutes. Drain and set aside to cool.
5. Blanch spinach in boiling water for 2 minutes. Drain and season with sesame oil and salt.
6. Spread 80 g of prepared rice on top of nori sheet that is placed on a bamboo mat.
7. Carefully line the strips of vegetables and omelette in the centre.
8. Roll the gimhap tightly by using the bamboo mat and gently pushing down as you roll.
9. Remove the mat and cut the gimhap into cross-section pieces and serve.

Tip:

- *To allow the white rice and brown rice to bind well, cooked both with more water till they are soft.*
- *Cut vegetables into long strips to get a pretty pattern when the roll is cut.*



Nutrition Information

(Per serving): 122.2 g

Energy 164.0 kcal

Protein 4.9 g

Total fat 4.9 g

Saturated fat 0.9 g

Carbohydrates 25.0 g

Dietary fibre 1.7 g

Sodium 190.6 mg

Cost Per Serving: \$ 0.40