



BIBIMBAP

A Lighter, Full Flavored Version of The Famous Korean Rice Bowl That's Taken The U.S. By Storm

Calling 'Bibimbap' a rice bowl is like simply calling Godzilla a reptile. This dish is loaded with so much flavor and varying textures, it's a culinary explosion. Putting it together is a lot of work, but luckily, you can make almost all of the different toppings days ahead of time, for convenience.

Ingredients:

Chicken: (Mix it all together, let marinate for at least 30 mins)

- 1 good sized boneless skinless chicken breast, sliced into thin bite sized pieces
- 1 Tbsp oyster sauce
- 1 Tbsp reduced sodium soy sauce
- 1/8 tsp baking soda, dissolved into the soy sauce

Vegetables:

- 2 cups carrots, shredded (I used bagged shredded carrot)
- 2 cups zucchini, sliced into thin matchsticks, like the carrots
- 8 oz sliced mushrooms, any variety you want
- 6 oz bean sprouts (plus 1/2 tsp fish sauce, set aside. See '2D')
- 5-6 oz baby spinach, rough chopped

Additional Ingredients:

- 2 servings (1/2 cup) of my "Gochujang" sauce, recipe in the sauces and dips section, pg #
- 2 large eggs
- 1/2 tsp toasted sesame seeds
- additional salt and pepper, to season veggies, if desired
- Cooked rice... as much as you want. (see notes)

Directions:

1. (Do Ahead) Make a batch of my Gochujang sauce, then set aside. Can be made 1-2 days ahead of time.
2. Mix the chicken breasts with the oyster sauce/soy sauce/baking soda solution. Let rest for 30 minutes.

Servings Info.:

Yield: 2 BIG bowls

Servings: 2 bowls

Serving Size: errr... 1 bowl

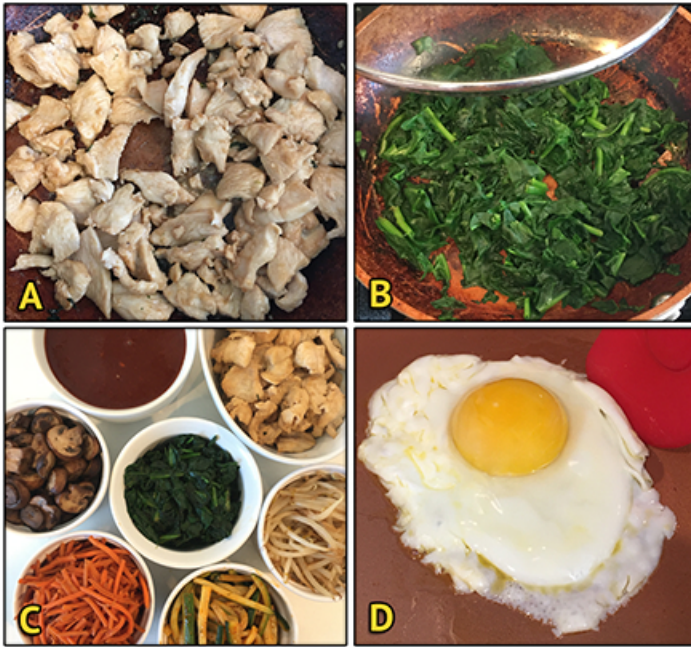


R D
2-2

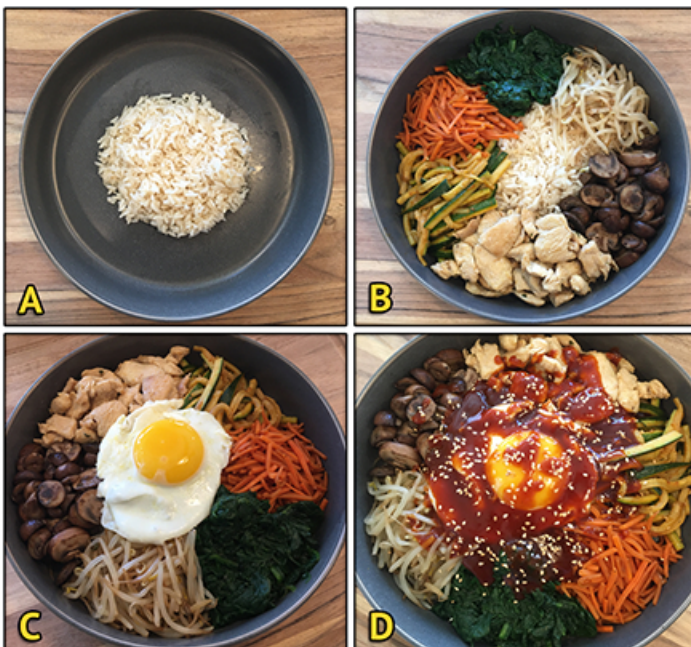
*My listed points **DO NOT INCLUDE** rice! Use as much of whatever type of rice you want. Add MY points, to your rice. (see notes)



2. (A) Heat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then add the carrots. Cook for 3-4 minutes, mix in 1 Tbsp Gochujang sauce, set aside. (B) Return pan to heat, add zucchini and cook 3-4 minutes, till tender. Stir in 1 Tbsp Gochujang sauce, set aside. (C) Return pan to heat, add mushrooms and splash of water. Cover, cook 5 minutes, set aside. (D) Put pan back over heat, cook bean sprouts for 4-5 minutes, till tender. Add 1/2 tsp fish sauce, mix well, set aside.



3. (A) Preheat pan for 1 minute over medium-high heat, add chicken, then cook for 4-5 minutes. Set aside (B) Return pan to heat, add the chopped spinach, cover with a lid and cook till wilted (3-4 minutes). Set aside. (C) Organize all your cooked ingredients. Now... let's get crackin'. (D) Reduce the heat in your pan to medium. Spray with cooking spray, then add 1 egg into the center of the pan. If egg whites start spreading everywhere, use a rubber spatula to push it all in together till it stays put. Reduce heat to medium-low. Cook egg till the egg whites are JUST cooked through. Set aside, repeat with 2nd egg.



4. (A) Add cooked rice to the center of a large bowl or plate. (B) Arrange half of the vegetables and chicken, separated, around the rice. (C) Add the sunny-side up egg over the top of the rice. (D) Pour 1/4 cup of warmed Gochujang sauce over the egg and garnish with 1/4 tsp sesame seeds. Done. When ready to eat, break the egg yolk and mix the entire dish together. It sounds crazy... but it is fantastic.

NOTES:

- **THAT'S A LOT OF PREP/COOKING!:** Actually... not really. There are 2 ways you can tackle this 'prep-time' behemoth. I personally used method 1... because I'm lazy and it let's you prep a lot of it 1-2 days in advance. Method 2, is for masochists with daddy issues. I've tried both, I'd recommend method 1, unless you have a maid.

Method 1: Cook the different veggies, as well as the sauce separately, over the course of a few days. Store them in the fridge, till ready to eat. The day of, simply warm 'em all up, cook the chicken and egg... then boom, done.

Method 2: The veggies all cook quickly. Use 2 or 3 pans and cook them all at the same time on your stove. You'll be done with the veggies and chicken in 15 minutes. But, your kitchen'll look like Tokyo, after a 1950's Kaiju movie.

- **RICE:** As stated, my listed points **DO NOT** take your rice into account. Use as much or as little as you want, then add my points to your rice. Example: In MY dish, pictured on these pages, I used 3/4 cup white rice, which is 5 points. The actual ingredients of the bowl (everything other than the rice) is 2 points for 1 serving. So, for me... my Bibimbap bowl was 7 points. 5 for the rice, 2 for the chicken, veggies and sauce.

