

Bibimbap Burger

The Famous, Classic, Trendy, Korean Rice Bowl Meal, Reimagined Into A DELICIOUS & Healthy Gourmet Burger

Bibimbap is an extremely popular and addictive Korean dish, served as a glorious rice bowl. Traditionally, it's a mound of rice, topped with sauteed spinach, carrots, cucumbers, seasoned beef, chicken or pork, covered with an egg with runny yolk... then slathered in an amazingly spicy, savory and slightly sweet sauce. Me being me.... I turned my Asian Cookbook's rice bowl entree, into a burger.

Servings Info.:

Yields: 4 burgers

Servings: 4

Serving Size: 1 burger



- last checked 02/16/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points to your buns.

Ingredients:

Savory Ground Turkey Patties

- 3/4 lb batch of my Savory Ground Turkey, recipe on pg. 26

Quick Bibimbap-Gochujang Sauce - (makes 1-1/2 cups, 4-5 total points)

- 10 Tbsp water, PLUS 1-1/2 tsp cornstarch, stirred together
- 3 Tbsp lower sodium soy sauce
- 1 Tbsp 'dark' soy sauce (I used 'sushi chef' brand)
- 5 Tbsp (1/3 cup) 0 point sweetener o' choice
- 3 Tbsp rice vinegar
- 4 Tbsp sugar free syrup (pancake syrup)
- 2 garlic cloves, crushed and minced
- 1/2 Tbsp fresh ginger, minced
- 1/2 tsp salt
- 2 tsp sugar free strawberry or peach preserves/jam
- 1 Tbsp 'no sugar added' ketchup
- 4 Tbsp red pepper paste, fermented (see notes)
- (optional) additional sriracha hot sauce, to taste, if needed

Additional Ingredients:

- (2) 5oz bags baby spinach
- 1 cup matchstick/shredded carrots
- 1 cup cucumber, peeled and thinly sliced into matchsticks
- 1 cup daikon radish, peeled and thinly sliced into matchsticks
- 4 large eggs
- 1 tsp toasted sesame seeds

Directions:

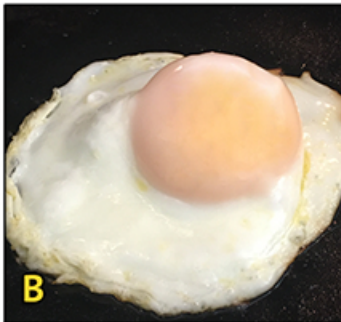
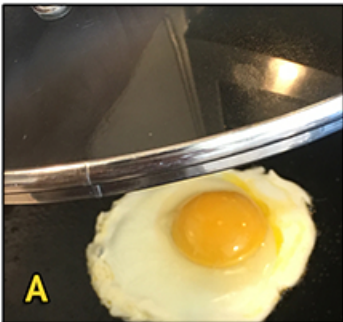
- 1 Mix all of the bibimbap sauce ingredients together in a small pot. Bring to a low boil for 4-5 minutes. Remove from heat. Sauce will continue thickening as it cools.



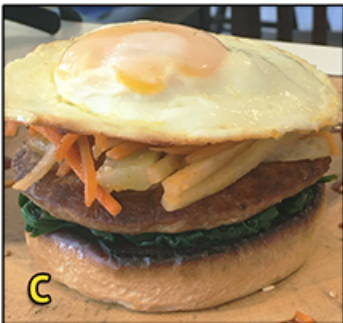
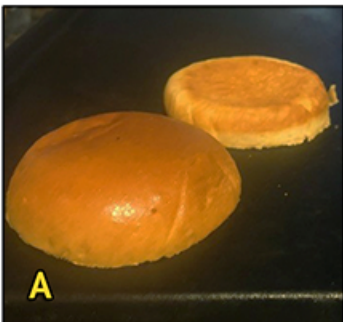
- 2 (A) Chop your cucumber and radish to be similar in size and shape to the matchstick/shredded carrots. (B) Heat a large pan over medium heat for 1 minute, then spray with cooking spray. Add the carrots and radish, season with salt and pepper. Cover and cook for 5 minutes. (C) Add the cucumber and 1 Tbsp of your 'Bibimbap Sauce'. Mix to combine. Add 1 Tbsp water to the pan, cover and cook for 2 minutes, till veggies are soft and pliable. (D) Pour the cooked/hot veggies into a bowl and cover with plastic, allowing them to steam slightly as they cool. Set aside.



3 (A) Return the pan to heat, spray with cooking spray. Add ALL of the spinach, then cover and cook for 4 minutes. Toss the spinach, then cover and cook 2 more minutes. (B) Place the cooked spinach into a bowl lined with paper towels, to drain some of the excess liquid. Set aside.



4 (A) Heat a pan over medium heat for 1 minute. Spray with cooking spray, then add the eggs. 1... 2... 3... however many you feel comfortable with. Add 1 Tbsp water, then cover. (B) Cook for 3-5 minutes, or until the whites set and the top of the yolk juuuust starts to turn translucent white. Set aside.



5 (A) Toast your buns, then cook the burger patties for 2-1/2 minutes per side, over medium heat. (B) Place a mound of spinach onto the bottom bun, followed by 1 of the burger patties. Top the patty with a pile of veggies. (C) Place an egg onto the veggies, then poke the yolk with a knife, which will allow the yolk to run. (D) Pour 1 to 2 Tbsp of the bibimbap sauce onto the egg, followed by 1/4 tsp of toasted sesame seeds. Crown it with the top bun.

NOTES & SUGGESTIONS:

- **Fermented Red Bean Paste?**: This ingredient is KEY to making the sauce. You can find it in the Asian food aisle of most major grocery stores, as well as at Walmart. It can usually be found in a 1 pound, red plastic container. Different brands have different points for 1/4 cup. Some are 8 points, some are 9. I bought 'Jayone' brand, which is 8 points per 1/4 cup. My points are calculated for that.
- **'Dark' Soy Sauce**: Nope... it's not the same as regular soy sauce. It is primarily used to darken my sauce, making it look more like 'the real stuff', without all of the added high point ingredients. If you don't use it, your sauce will still taste the same, but it'll be reddish in color.
- **Eggs?? Bleh!**: Don't like eggs? Don't use them. However, an egg with runny yolk is the finishing touch on a regular bibimbap bowl.
- **Spinach**: Don't want to use Spinach? Use any green leafy vegetable you want. I'm using spinach because it's usually served in bibimbap.
- **Daikon Radish**: Can't get hold of it at your local store? Use jicama, sliced regular radishes, or use extra carrots.

