



Korean Bibimbap Bowl Meal Prep

By Buy Fresh Buy Local Central Illinois



Serves 1 person for 5 lunches. If you're making this recipe for more than one, simply multiply by the number of folks in your fam.

What is Bibimbap? In Korea, bibimbap is a traditional comfort food. The word literally means "mixed rice" and consists of a warm bowl of white rice topped with sautéed or pickled vegetables, chili pepper paste, soy sauce, beef, and a fried egg. Our Korean Bibimbap Bowl is a slightly fresher take, featuring crunchy raw vegetables, quinoa, and grass-fed beef.

! This bowl is meant to be served cold or room temperature, but can be adapted to serve hot. See Note below.

Note: Raw veggies don't always freeze or microwave well, so if you plan to freeze and reheat these meals, you have two options: 1. Store the fresh vegetables in the fridge and add separately once your meal is heated. 2. Lightly sauté all of the veggies before freezing.

Farmers Market Shopping List

- 2 lb grass-fed, locally-raise ground beef
- 5 free-range eggs
- 1 bunch of fresh kale, chard, spinach or other hardy green.
- 1 bunch carrots
- 1 cucumber
- 1 bunch green onions
- 5 banana peppers
- Optional: Microgreens

Pantry & Spice List

- 1.5 cups quinoa or brown rice
- 3 cups stock
- 1/2 Tbsp olive oil
- 1 tsp sesame oil
- Pinch of salt
- 1/4 cup Tbsp chili garlic sauce
- 1/4 cup soy sauce
- 1/4 cup brown sugar
- Optional: kimchi and sesame seeds

Instructions

Wash and trim all vegetables, removing stems, roots, and tops. Peel and grate the carrot using a large holed cheese grater. Thinly slice the cucumber. Slice the peppers and remove seeds. Slice the green onions.

Place quinoa (or rice) into a large pot with stock. Bring to boil, and then cover and reduce heat to low. Simmer for 20-30 minutes or until all liquid is evaporated. Fluff with a fork and set aside.

Rough chop greens. Heat a large skillet over medium and add a drizzle of olive oil. Swirl to coat the skillet, then add the greens. Sauté 1-2 minutes...just until wilted. Remove from skillet and drizzle with sesame oil and a pinch of salt.

Using the same already hot skillet, add the ground beef and cook until fully browned. Next add the chili garlic sauce, soy sauce, and brown sugar. Stir and cook for about one minute, or until everything is evenly mixed. Turn the heat off.

Fry or soft boil 5 large eggs.

Divide quinoa, beef, greens, and green onion evenly between 5 containers. Add grated carrot, cucumber, peppers, kimchi, sesame seeds, and fried egg. To serve, simply stir together and enjoy cold, like a grain salad.