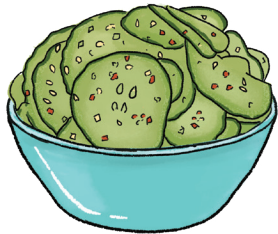


Korean Banchan

The side dishes served with a Korean meal are called *banchan*. Prepare your own with the recipes below!

Spicy Cucumber Salad

Oi Muchim (오이무침)



Ingredients



1 English cucumber



2 cloves garlic



2 Tbsp soy sauce



1 tsp sugar



1 Tbsp Korean red pepper flakes (*gochugaru*)



2 tsp toasted sesame seeds

Steps

- 1 Thinly slice cucumber. Add slices to small bowl.
- 2 Smash and peel garlic. Finely mince and add to cucumber.
- 3 Add soy sauce, sugar, and spicy Korean red pepper flakes to cucumber. Mix well.
- 4 Sprinkle with sesame seeds. TASTE & SHARE!

Spinach Salad

Sigeumchi namul (시금치나물)



Ingredients



6 oz baby spinach



1 green onion, sliced



1 clove garlic, minced



1 tsp sesame oil



1 tsp soy sauce



1 tsp toasted sesame seeds

Steps

- 1 Bring a pot of salted water to boil over high heat. Add spinach. Cook 1 minute.
- 2 Drain in a colander. Rinse with cool water. Squeeze dry and add to small bowl.
- 3 Add green onion, garlic, sesame oil, and soy sauce to spinach. Stir to combine.
- 4 Sprinkle with sesame seeds. TASTE & SHARE!

Bean Sprout Salad

Sookjuk namul (숙주나물 무침)



Ingredients



12 oz mung bean sprouts



1 green onion, sliced



1 clove garlic, minced



1 Tbsp sesame oil



1 tsp soy sauce



1 tsp toasted sesame seeds

Steps

- 1 Bring a pot of salted water to boil over high heat. Add bean sprouts. Cook 2 minutes.
- 2 Drain in a colander. Rinse with cool water. Squeeze dry and add to small bowl.
- 3 Add green onion, garlic, sesame oil, and soy sauce to bean sprouts. Stir to combine.
- 4 Sprinkle with sesame seeds. TASTE & SHARE!