



# BIBIMBAP

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 710/SERVING



Our take on the classic Korean dish, with nutty brown rice, crispy marinated tofu and mushrooms, crunchy cucumber and mixed radishes, spicy kimchi, and the most delicious gochujang sauce.

## WHAT YOU'LL NEED

- Medium pot
- Large pan
- Oil
- Salt



## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

### WHAT'S INSIDE

2 servings 4 servings

Brown rice	3/4 cup	1.5 cups
Tofu	200 g	400 g
Mushrooms	4 oz	8 oz
Baby cucumber	1	2
Radishes	1-2	2-3
Kimchi	1/4 cup	1/2 cup
Baby spinach	2 cups	4 cups
Green onion	1	2
Gochujang sauce	1/2 cup	1 cup
Lime	1	1
Sesame seeds	1/2 tbsp	1 tbsp



Prep your ingredients: cube **tofu**, thinly slice the **mushrooms**, **radishes**, **cucumber**, and **green onion**, roughly chop the **spinach** and **kimchi**, quarter the **lime**, and rinse the **rice**. Place the tofu in a bowl along with a few tbsp of the **sauce**, toss to combine, and set aside to marinate.



Combine the **rice** with 1.5 cups of **water** (3 cups for 4 servings) and a pinch of **salt** in a medium pot. Bring to a boil then lower to a simmer, cover, and cook for 25-30 minutes. Fluff with a fork.



Meanwhile, heat 1 tbsp of **oil** (2 tbsps for 4 servings) in a large pan over medium heat. Once hot, add the **marinated tofu** (keeping the **sauce** in the bowl for later) and fry until crispy on all sides. Remove **tofu** from pan and set aside.



Heat another 1 tbsp of **oil** (2 tbsps for 4 servings) in the same pan, then sauté the **mushrooms** until golden brown. Add the **reserved tofu sauce** and stir until coated, then remove from pan and set aside.



Add the **spinach** to the pan and sauté briefly until just wilted.



Divide the **rice** between bowls and top with **tofu**, **mushrooms**, **cucumber**, **radishes**, **kimchi**, **spinach**, and **green onion**. Serve with remaining **gochujang sauce**, **lime**, and **sesame seeds**.

Nutrition Facts		Valeur nutritive	
Per Serving (594 g)			
pour 1 (594 g)			
<b>Calories 710</b>		<b>% Daily Value*</b>	
		<b>% valeur quotidienne*</b>	
<b>Fat / Lipides 32 g</b>		<b>43 %</b>	
Saturated / saturés 5.0 g		25 %	
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides 86 g</b>			
Fibre / Fibres 8 g		29 %	
Sugars / Sucres 17 g		17 %	
<b>Protein / Protéines 26 g</b>			
<b>Cholesterol / Cholestérol 0 mg</b>		<b>0 %</b>	
<b>Sodium 2790 mg</b>		<b>121 %</b>	
Potassium 1100 mg		23 %	
Calcium 550 mg		42 %	
Iron / Fer 7.5 mg		42 %	
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			