KIKKOMAN

Bibimbap: flavourful and easy

Total time **30 mins** **15 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
2,751 kJ / 655 kcal

Fat: **22.8 g** Protein: **28.1 g**
Carbohydrates: **83.5 g**

INGREDIENTS

2 portion(s)

Cucumbers:

80 g	cucumber
2 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon

Bean sprouts:

60 g	bean sprouts
0.5 tsp	salt
1 tsp	toasted sesame seeds
1 tsp	Kikkoman Toasted Sesame Oil

Meat:

4 tsp	Kikkoman Toasted Sesame Oil
1	garlic clove, finely chopped
160 g	minced beef
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	Kikkoman Mirin-Style Sweet Seasoning

Additional:

400 g	cooked rice
50 g	kimchi
4 tsp	gochujang (Korean chilli paste)
1 tsp	Kikkoman Toasted Sesame Oil

PREPARATION

Step 1

80 g cucumber - **2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
Thinly slice the cucumber and toss with the Kikkoman Lemon Ponzu.

Step 2

60 g bean sprouts - **0.5 tsp** salt - **1 tsp** toasted sesame seeds - **1 tsp** Kikkoman Toasted Sesame Oil
Cook the bean sprouts in boiling water, drain well and toss with the salt, toasted sesame seeds and Kikkoman Sesame Oil.

Step 3

4 tsp Kikkoman Toasted Sesame Oil **1** garlic clove, finely chopped - **160 g** minced beef - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce **2 tbsp** Kikkoman Mirin-Style Sweet Seasoning
Put the Kikkoman Sesame Oil in a frying pan over a medium heat, add the garlic and fry briefly until fragrant, then add the minced beef and cook until fully done. Add the Kikkoman Soy Sauce and Kikkoman Mirin-Style Sweet Seasoning and stir until the meat is thoroughly coated and glossy.

Step 4

400 g cooked rice - **50 g** kimchi - **4 tsp** gochujang (Korean chilli paste) - **1 tsp** Kikkoman Toasted Sesame Oil
Divide the cooked rice between two bowls. Arrange the cooked meat from Step 3, kimchi, seasoned cucumbers from Step 1 and bean sprouts from Step 2 on top. Add a spoonful of gochujang in the centre and drizzle with the Kikkoman Sesame Oil.