



ASIA

BIBIMBAP

Ingredients

(For 4 people)

- 200 g slice of rumpsteak
- 12 cl soya sauce
- 10 g caster sugar
- 4 cloves garlic
- 30 g fresh ginger
- 12 cl sesame oil
- 300 g Basmati rice
- 45 cl water
- 4 carrots
- 200 g soya sprouts
- 200 g baby spinach leaves
- 150 g green beans
- 2 onions
- 6 eggs
- 5 cl olive oil
- 12 cl sesame oil
- 10 g white sesame seeds
- Salt

Preparation:

Rinse the rice in running water, then cook it in salted water. Cover and simmer until the water is completely absorbed. Then remove from the heat, keep covered, and allow the rice to rest for 10 minutes.

Mince the beef into fine strips, then cut it into segments. Peel and chop the ginger and garlic. Combine the sugar, soya sauce, salt, chopped ginger and garlic in a bowl, and then add the sesame oil. Next, coat the meat with the mixture in the bowl and chill to marinate for 30 min.

Bring a large volume of salted water to a boil and cook each of the vegetables separately: begin with the spinach (1 minute, then drain), the soya sprouts (3 min, then drain) and then the beans (8 min, then drain). Separately season the vegetables with a tbsp of sesame oil, the salt and the sesame seeds, then reserve. Peel the carrots and chop them into a julienne. Peel and mince the onion. Heat a tbsp of olive oil in a hot pan, quickly sauté the carrots, salt them, and remove from the heat.

In the same pan, add 1 tbsp of olive oil and sauté the meat in its marinade. When the meat begins to brown, sauté the onion and continue cooking, stirring, for 2 min. Combine the sesame oil and hot pepper sauce. In another pan, fry the eggs ☞sunny side up.☞

Distribute the rice into the bowls and arrange the vegetables on top, followed by the meat; and then place the egg in the centre. Sprinkle sesame seeds over the top and add 1 tbsp of sauce.