Nourish Recipe

Bibimbap

Servings: 4

Ingredients

- 2 1 lb NY Strip steaks
- 4 cups cauliflower rice, steamed and drained or microwaved
- 1 TBSP olive oil
- 3 cups shitake mushrooms, sliced
- 1 cup shredded carrots
- 2 zucchinis sliced
- 2 cloves grated garlic
- 4 eggs
- 1 TBSP sesame oil
- 2 TBSP soy
- 2 green onions sliced
- 4 tsp Gochujang sauce

Seoul, South Korea

Around the World At Home

Looking for a meat-free option? You can swap steak for fish or tofu instead as a protein source.

Feel free to make it your own by adding your favorite vegetables.

The secret ingredient to this recipe? Gochujang sauce! You can also use it in other dishes such as BBQ or noodles.

What you'll need

measuring spoons

measuring cups

large non-stick skillet

wok

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Instructions

1. In a large un-greased non-stick pan, sear both steaks (1 lb each) 2 to 3 minutes on both sides and set aside.

2. Cook the mushrooms (3 cups), carrots (1 cup) and zucchinis (2) in a wok or large pan with a drizzle of olive oil (1 TBSP). Stir fry on a high heat for about 4-5 minutes, add the garlic (2 cloves), and sauté for another minute. Take off the heat and set aside.

3. Fry the eggs (4) in a pan sunny side up or use only the raw yolks. Set aside.

4. To assemble each serving, place a cup of cauliflower rice in the middle of a bowl, then add the veggies on one side. Slice the beef and add to the other side of the bowl. Drizzle with sesame oil and soy, add the egg in the middle. Garnish with green onion and serve with the Gochujang sauce on the side.

Nutrition Facts

Servings 4

Amount Per Serving	
Calories	**406**
	% Daily Value
Total Fat 20g	**26**%
Saturated Fat 7.1g	**36**%
Cholesterol 239mg	**80**%
Sodium 832mg	**36**%
Total Carbohydrate 25.4g	**9**%
Dietary Fiber 4.8g	**17**%
Sugars 9.2g	
Protein 34.9g	
Vitamin D 15mcg	**77**%
Calcium 85mg	**7**%
Iron 3mg	**19**%
Potassium 574mg	**12**%

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