



## Bibimbap

### Equipment Needed

- Cutting board
- Knife
- Medium pot
- Frying pan
- Measuring cups
- Measuring spoons
- Spatula and/or wooden mixing spoons

### Bibimbap

*Serves 2 adults, 6 kids for tasting*

1 cup rice

7 ounces asparagus, woody ends trimmed, cut into 2-inch spears on an angle (or another seasonal vegetable)

4 ounces swiss chard, stems thinly sliced and leaves roughly chopped (or another leafy green, like spinach)

3 ounces shiitake mushrooms, stems removed and caps thinly sliced

2 cloves garlic, peeled and roughly chopped

2 eggs, cracked into two separate small bowls or cups

2 scallions, thinly sliced lengthwise and put in a bowl of cold water

1 carrot, peeled and cut into matchsticks

2 teaspoons Gochugaru (Korean Chili Flakes) or red pepper flakes (optional)

1 tablespoon sesame oil (or oil of choice)

2 tablespoons soy sauce

1 teaspoon sesame seeds

Eggs, cooked however you wish (optional)

In a medium pot, combine the rice with 2 cups of water and a big pinch of salt. Heat to boiling on high, then cover, reduce the heat to low and simmer 15 to 17 minutes, or until cooked through.

While the rice continues to cook, cook the vegetables. Heat a little oil on medium until hot. Add the chard, asparagus, and garlic, and cook 2 to 3 minutes, or until the asparagus is bright green and tender-crisp, and the chard has wilted. Season with salt and pepper. Transfer the cooked vegetables to a plate. In the same pan, heat a little more oil on medium. Add the mushrooms, season with salt and pepper, and cook 1 to 3 minutes, or until softened. Transfer the cooked mushrooms to the plate with the chard and asparagus, keeping them separate.

In the same pan, heat a little more oil on medium-high. Add the cooked rice to the pan and cook about 1 to 2 minutes, or until dry and slightly golden, stirring. Add the sesame oil, soy sauce, and chili flakes to taste. (If you like it spicy, add all the chili flakes, add less if you prefer mild heat.) Cook about 1 minute longer, stirring. Transfer the rice to bowls and serve.