



*Posted June 7, 2018*

## **Bibimbap (Korean Mixed Rice)**

Bibimbap: It's as fun to say as it is to cook. It means "mixed rice" and it's one of my favorite ways to eat the rainbow. I was inspired by this bibimbap recipe in [\*\*Bon Appetit\*\*](#) to make a healthier, plant-based version.

This recipe is admittedly long because of its many components, but I think you'll agree that it's worth the effort. If you're low on time, pick three to prepare. Bibimbap is highly customizable, so feel free to substitute with the vegetables you have in your refrigerator. Just make sure you use the classic flavors of the Korean pantry: soy sauce, sesame oil, sesame seeds and a touch of sugar. Each of these vegetables can also be prepared and enjoyed as its own side dish.

Note: These recipes call for two ingredients you may not be familiar with: [\*\*gochujang\*\*](#) (Korean red chili paste) and [\*\*gochugaru\*\*](#) (Korean red pepper powder). Due to their rise in popularity, you may be able to find them in the Asian aisle of your local supermarket,

and definitely at any Asian market.

It's important to arrange your ingredients beautifully on top of your rice bowl.  
Remember: You eat with your eyes and presentation makes a big difference! Enjoy!

**Servings: 8**

## **Ingredients**

8 cups cooked sushi or Korean mixed grain rice  
Spicy Korean pan-fried tofu (recipe below)  
Sesame-pepper bean sprouts (recipe below)  
Sesame carrots (recipe below)  
Garlicky spinach (recipe below)  
Soy-glazed seared mushrooms (recipe below)  
Sautéed zucchini (recipe below)  
8 fried eggs  
Optional garnishes: Gochujang (Korean red chili paste), store-bought kimchi, scallions

## **Directions**

Divide rice among bowls. Arrange prepared tofu, vegetables, eggs and a spoonful of gochujang. Stir together before eating. Serve kimchi alongside and garnish with sliced scallions.

## **Nutrition Information (per serving, fully assembled)**

Calories: 607  
Total Fat: 29.5 g  
Saturated Fat: 4.5 g  
Cholesterol: 184 mg  
Carbohydrates: 68 g  
Dietary Fiber: 10 g  
Total Sugars: 4 g  
Protein: 24 g  
Sodium: 835 mg

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# **Spicy Korean Pan-Fried Tofu**

## **Ingredients**

- 10 ounces firm tofu
- 1 clove garlic, minced
- 1 green onion, chopped

- 1 teaspoon gochugaru (Korean red pepper powder)
- 1 teaspoon sugar
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons sesame oil, plus 1 tablespoon for frying
- 1 tablespoon vegetable oil

### **Directions**

1. Drain tofu and place a paper towel below and above on a cutting board. Cover with another cutting board and a heavy pot and allow to press for 30 minutes.
2. Meanwhile, combine garlic, green onion, gochugaru, sugar, soy sauce and 2 teaspoons sesame oil for sauce, and set aside.
3. Slice the tofu into bite size pieces (1/2 inch-thick rectangles).
4. Heat pan with one tablespoon of vegetable oil and one tablespoon of sesame oil. When oil is very hot, fry the tofu slices until each side is browned and crisp.
5. Arrange tofu on a plate and drizzle on the sauce.

### **Nutrition Information (per serving)**

Calories: 110  
Total Fat: 10 g  
Saturated Fat: 1.5 g  
Cholesterol: 0 mg  
Carbohydrates: 3 g  
Dietary Fiber: 1 g  
Total Sugars: 0.5 g  
Protein: 6 g  
Sodium: 140 mg

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## **Sesame-Pepper Bean Sprouts**

### **Ingredients**

- 2 tablespoons toasted sesame seeds
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 6 cups of fresh bean sprouts
- 2 teaspoons sesame oil
- Gochugaru (Korean red pepper powder), to taste

### **Directions**

1. Combine sesame seeds, salt and pepper in a small bowl and set aside.

2. Bring a large pot of salted water to a boil and add bean sprouts and cook until soft but not mushy, about 2 minutes. Drain well.
3. Transfer to a medium bowl. Add 2 teaspoons sesame oil; toss to coat. Season with a few sprinkles of sesame mixture and gochugaru.

#### **Nutrition Information (per serving)**

Calories: 30  
Fat: 1 g  
Saturated Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrates: 3 g  
Dietary Fiber: 1 g  
Total Sugars: 2 g  
Protein: 2 g  
Sodium: 125 mg

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## **Sesame Carrots**

#### **Ingredients**

- 1 tablespoon toasted sesame oil
- 4 carrots, peeled and julienned
- Kosher salt, freshly ground pepper

#### **Directions**

1. Heat oil in a large skillet over medium heat. Add carrots and cook, stirring occasionally, until just tender, 3-4 minutes. Season with salt and pepper.

#### **Nutrition Information (per serving)**

Calories: 30  
Fat: 2 g  
Saturated Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrates: 3 g  
Dietary Fiber: 1 g  
Total Sugars: 0 g  
Protein: 2 g  
Sodium: 45 mg

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## **Garlicky Spinach**

#### **Ingredients**

- 1 pound fresh spinach
- 2 tablespoons sesame oil
- 2 garlic cloves, chopped
- 2 tablespoons reduced-sodium soy sauce
- 1 teaspoon rice vinegar
- Kosher salt, freshly ground black pepper

### **Directions**

1. Blanch spinach: bring a large pot of salted water to a boil and add spinach and cook until wilted, 1 to 2 minutes. Drain, then transfer to a bowl of ice water; let cool. Drain and squeeze out excess water.
2. Heat sesame oil in a large skillet over medium heat. Add 2 chopped garlic cloves and cook, stirring, until fragrant, 1 minute. Add blanched spinach, soy sauce, and vinegar. Stir to combine; season with kosher salt and freshly ground black pepper.

### **Nutrition Information (per serving)**

Calories: 45

Fat: 3.5 g

Saturated Fat: .5 g

Cholesterol: 0 mg

Carbohydrates: 3 g

Dietary Fiber: 1 g

Total Sugars: 0 g

Protein: 2 g

Sodium: 170 mg

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## **Soy-Glazed Seared Mushrooms**

### **Ingredients**

- 1 tablespoon Canola oil
- 8 ounces baby Portobello mushrooms, sliced thinly, stem on (slice lengthwise to highlight the shape of the mushroom)
- 1 1/2 teaspoons granulated white or brown (demerara) sugar
- 3 tablespoons reduced-sodium soy sauce

### **Directions**

1. Heat a tablespoon of oil over medium-high heat.
2. Add sliced mushrooms and cook until slightly brown on each side. (Make sure to cook in one layer so they don't get soggy.)

3. Sprinkle the sugar evenly over seared mushrooms, drizzle on the soy sauce and stir to coat.

### **Nutrition Information (per serving)**

Calories: 30  
Total Fat: 2 g  
Saturated Fat: 0 g  
Cholesterol: 0 mg  
Carbohydrates: 3 g  
Dietary Fiber: 0.5 g  
Total Sugars: 1 g  
Protein: 1 g  
Sodium: 200 mg

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## **Sautéed Zucchini**

### **Ingredients**

- 2 tablespoons toasted sesame oil
- 1 medium zucchini, julienned
- Kosher salt, freshly ground black pepper, gochugaru (Korean red pepper powder)

### **Directions**

1. Heat 2 tablespoons sesame oil in a large skillet over medium heat.
2. Add zucchini; cook, stirring occasionally, until just tender, 3-4 minutes.
3. Season with kosher salt, freshly ground black pepper, and gochugaru.

### **Nutrition Information (per serving)**

Calories: 30  
Fat: 3.5 g  
Saturated Fat: .5 g  
Cholesterol: 0 mg  
Carbohydrates: 0 g  
Dietary Fiber: 0 g  
Total Sugars: 0 g  
Protein: 0 g  
Sodium: 60 mg

Categories: **Main Course**, **Vegetarian**

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