



Bibimbap Recipe

Preparation Time	15
Cooking Time	37
Serving Size	7

Ingredients:

FOR THE SAUCE

- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 2 Tbsp sesame oil
- 4 cup water

- 2 cup rice, japanese

- 1/2 cup onion, white, sliced into thin sticks, 2-inches long
- 1/2 cup carrot, sliced into thin sticks, 2-inches long
- 1/2 cup bell pepper, red, sliced into thin sticks, 2-inches long
- 1/2 cup bell pepper, green, sliced into thin sticks, 2-inches long
- 1 cup togar
- 1 cup spinach, chopped

- 1 Tbsp sesame oil

Preparation:

1. Mix the sauce and the raw rice in a pot. Bring to a boil then simmer until rice is cooked. Stir occasionally.
2. Place all the vegetables on top of the rice and cook for 5 minutes.
3. Finish with sesame oil before serving.

Chef's Tip

The best rice to use for this recipe is the Japanese or Korean short grain rice. When cooked, this type of rice is soft and sticky.

Lusog Notes

This Bibimbap recipe is a source of vitamin A that helps protect one from infections and promotes normal growth and development.

Cooking Tools

- Rice Cooker