



Everyday Bibimbap Recipe

Preparation Time	15
Cooking Time	31
Serving Size	5

Ingredients:

MARINADE

- 1 1/4 cup DEL MONTE Sweet Blend Ketchup (320g)
- 1/8 cup garlic, minced
- 2 1/2 tsp sesame oil
- 1 tsp ginger, minced
- 1/2 cup soy sauce

- 2 Tbsp oil
- 500 g beef, sirloin, sukiyaki cut then strips
- 1/3 cup bell pepper, green, julienned
- 1/2 cup kimchi, roughly chopped for sautéing
- 5 cup rice, cooked
- 2/3 cup kimchi, chopped, for garnish
- 5 pc egg, sunny side up
- 1 Tbsp sesame seeds

Preparation:

1. Mix the DEL MONTE Sweet Blend Ketchup, garlic, sesame oil, ginger, and soy sauce in a bowl. Spoon enough to marinate the beef for 15 minutes. Drain and reserve marinade.
2. In a pan, stir-fry beef in batches over high heat. Set aside.
3. In the same pan, sauté green bell pepper then set aside. Still using the same pan, sauté the kimchi then add the reserved marinade. Bring to a boil. Add rice and thoroughly mix.
4. To assemble, put 1 cup of rice, then top with green bell pepper, 2 tablespoons kimchi, and beef. Top with egg then sprinkle with sesame seeds to garnish.

Chef's Tip

For best results, use Japanese-style soy sauce.

Lusog Notes

This tasty rice bowl is high in vitamin A and niacin. Vitamin A helps form and maintain healthy skin, skeletal and soft tissues. On the other hand, niacin helps keep the digestive and nervous systems healthy.

Cooking Skills Needed

- Mixing

Cooking Tools

- Chopping Board
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