

# Steak Bi Bim Bap

Fresh from your own kitchen, Bee Bim Bop, which means “mix-mix rice” is a classic Korean dish of rice topped with meat and vegetables. With spinach, mushrooms, cabbage and carrots, it's a recipe where having all the ingredients prepped and ready to go is truly magic. Get ready for some fun!

**40** Minutes to the Table

**30** Minutes Hands On

**2 Whisk** Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Mixing Bowl  
Saucepan  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Egg (1 per serving)

### 7 MEEZ CONTAINERS

Jasmine Rice  
Steak  
Spinach  
Mushrooms  
Cabbage & Carrots  
Bibimbap Sauce  
Gochujang

## Make The Meal Your Own

**If you ordered the Carb Conscious version**, we sent you cauliflower “rice” instead of the Jasmine rice, reducing the **carbs per serving to 31g**. You don't need to boil water. Skip step 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the cauliflower and cook until it starts to brown, about 2 to 3 minutes. Set aside until step 5.

**Have small kids at home?** Check out Linda Sue-Park's picture book *Bee-Bim Bop*. It's a favorite in our household and a perfect partner for this dinner.

**Gluten Free?** You received Sriracha sauce because the Gochujang contains wheat.

## Good To Know

**Health snapshot per serving** – 560 Calories, 20g Fat, 46g Protein, 49g Carbs, 16 Smart Points

**Traditional Bibimbap is finished with a sunny-side-up egg** with a runny yolk. This is a delicious part of the dish, but women who are pregnant and others may want to cook their eggs until the yolk is cooked through to avoid any risk of foodborne illness.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339

**SCAN QR CODE  
to view YouTube  
cooking video**



INGREDIENTS: Steak, Jasmine Rice, Mushroom, Spinach, Cabbage, Carrot, Tamari, Mirin, Garlic, Ginger, Gochujang, Sesame Seed, Sesame Oil

*meez* meals

### 1. Get Organized

Bring water to a boil in a large saucepan. Preheat oven to 425.

### 2. Cook the Rice

Add the Jasmine Rice to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

### 3. Cook Veggies and Mushrooms

While the rice is cooking, arrange the **Cabbage & Carrots** and **Mushrooms** on a baking sheet. Drizzle with olive oil & lightly salt. Bake for 12 minutes, stirring the veggies and the mushrooms half-way through.

### 4. Cook the Steak and Spinach

After the veggies and mushrooms are done cooking, heat 1½ Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks.

Cook until the bottoms brown & sides start to color, about 3 minutes. If you prefer your steak **medium-rare**, flip & continue cooking 3 min (**medium** 4 min., **well done** 5 to 6 min). Set aside to rest for 5 min. Once the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

In the now empty skillet, add the **Spinach**, sauté for 1 to 2 minutes until wilted, and set aside. Wipe out the skillet.

### 5. Arrange the Bibimbap Bowl

In a medium sized bowl, place half the rice at the bottom and arrange half the carrots and cabbage, mushrooms, spinach, and steak clockwise around the bowl (leaving a space in the middle for the egg). Drizzle all the components with **Bibimbap Sauce** (thinner brown sauce) and repeat for each serving.

### 6. Make the Egg and Enjoy!

Crack one egg in the skillet over medium-high heat and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste and place in the center of the Bibimbap bowl. Repeat with one egg for each serving.

Serve the spicy **Gochujang** (thicker red sauce) on the side to use as desired.

*Use enough water to completely cover the rice.*

*Keep the mushrooms and veggies separate from each.*

*Each family member can mix the Gochujang in to their dish depending on how much they enjoy spicy food.*

Instructions for two servings.

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