

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
- Small Skillet (optional)

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

Embrace the Korean culture **식사 맛있게하세요** is pronounced “sigsa mas-issgehaseyo” and means “enjoy your meal” in Korean.

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 to this dinner.

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

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

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

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 1 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.

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

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).

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 cover rice completely.

Keep the mushrooms and veggies separate from each.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

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

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois