



Brown Rice Bibimbap (Korean mixed rice)

serves 4

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METHOD OF PREPARATION

1. Mix minced chicken with 1 tablespoon of soya sauce, 1 teaspoon of minced garlic and pinch of pepper. Marinate the chicken for 30 minutes.
2. Bring 2 litres of water to a boil. Add in spinach to cook for 2 to 3 minutes. Drain the spinach and squeeze out the extra water. Add 1 teaspoon of sesame oil and half a teaspoon of sesame seeds. Set aside.
3. Repeat step 2 for mung bean sprout. You can use the same pot of boiling water.
4. Heat 1 tablespoon of oil in a medium saucepan over medium to high heat. Add the sliced chicken and stir-fry for 5 to 6 minutes. Set aside when cooked.
5. With the same saucepan, add 1 tablespoon of oil and stir-fry the mushrooms for 3 minutes. Season with a pinch of salt and pepper. Set aside.
6. For the sauce, mix all the ingredients in a small bowl.
7. Put three-quarters of a cup of steamed brown rice into a bowl or plate. Add the minced chicken and assorted vegetables at the side. Garnish with unsalted seaweed and sesame seed.
8. Serve with bibimbap sauce separately.

INGREDIENTS

Brown rice, cooked –	3 cups
Sliced chicken breast	200g
Spinach	250g
Mung bean sprout	200g
Carrot (shredded)	1, medium-sized
Shiitake mushroom	100g
Minced garlic	1 teaspoon
Sesame seeds	1 teaspoon
Soya sauce with Healthier Choice symbol	1 teaspoon
Sesame oil	2 teaspoons
Cooking oil	2 teaspoons
Pinch of salt and pepper	

Sauce:

Bibimbap sauce	2 tablespoons
Sesame oil	1 tablespoon
Water	2 tablespoons
Sesame seeds	1 tablespoon
Vinegar	1 teaspoon
Minced garlic	1 teaspoon

Garnish:

Unsalted seaweed	
Sesame seeds	

NUTRITION INFORMATION per serving

Energy	412kcal
Protein	22g
Carbohydrate	45g
Total Fat	14g
Saturated Fat	3g
Cholesterol	39mg
Dietary fibre	7.4g
Sodium	420mg
Calcium	140mg
Carbohydrate exchange:	3 exchanges