



Korean Bibimbap

韓國牛肉石頭鍋飯

4 servings
4 人份量



Ingredients 材料

Minced Beef	免治牛肉	100 g克
Spinach	菠菜	200 g克
Bean Sprouts	豆芽	200 g克
Mushroom	香菇	100 g克
Carrots	蘿蔔	120 g克
Salt	鹽	1 tsp茶匙
Steamed Rice	白飯	4 servings 人份量

Marinade 醃料

Soy Sauce	豉油	1 tbsp湯匙
Sesame Oil	麻油	1 tbsp湯匙
Brown Sugar	黃糖	1 tsp茶匙
Minced Garlic	蒜茸	¼ tsp茶匙

Sauce for Seasoning Vegetables

醃菜材料

Minced Garlic	蒜茸	1 tsp茶匙
Sesame Seed	芝麻	2 tbsp湯匙
Salt	鹽	½ tsp茶匙
Sesame Oil	麻油	2 tbsp湯匙

Sauce for Bibimbap 石頭鍋飯醬料

Korean Hot Chili Paste (Gochujang)	韓式辣椒醬	2 tbsp湯匙
Sesame Oil	麻油	1 tbsp湯匙
Brown Sugar	黃糖	1 tbsp湯匙
Sesame Seeds	芝麻	1 tbsp湯匙
Vinegar	醋	1 tsp茶匙
Minced Garlic	蒜茸	1 tsp茶匙

Directions 煮法

- Mix beef with marinade sauce for 30 minutes, set aside.
將牛肉及醃料拌勻30分鐘，備用。
- Bring water to boil. Add ½ tsp of salt and spinach into the pot for 30 seconds. Drain the water away. Set the spinach under cold water for 1 minute. Remove excess water by squeezing the spinach. Cut spinach in 3 parts. Mix with ½ tsp of minced garlic, 1 tsp of sesame seeds, and 1 tbsp of sesame oil. Repeat same steps for bean sprouts.
把水煮沸後，加入½茶匙鹽及菠菜並煮30秒。然後將熱水倒去，用凍水沖洗約1分鐘。將菠菜內剩餘水份榨走，切成3份。加入½茶匙蒜茸、1茶匙芝麻及1湯匙麻油。重覆以上步驟處理豆芽。
- Slice mushrooms into thin pieces. Add oil and ½ tsp of salt in a wok and cook mushrooms until cooked. Repeat same steps for carrots.
香菇切成薄片。把油及½茶匙鹽落鑊，將香菇炒熟。重覆以上步驟煮熟蘿蔔絲。
- Add oil to wok and stir fry marinated beef until cooked.
把油落鑊，將已醃牛肉炒熟。
- Mix the ingredients for bibimbap sauce in a bowl.
石頭鍋飯醬料拌勻備用。
- Put the steamed rice at the bottom of a large bowl. Add ingredients on top of steamed rice evenly. Add bibimbap sauce according to personal preference. Serve.
將白飯放入碗內底部。把已煮材料置飯頂。隨個人喜好加入石頭鍋飯醬料，即成。



In 30 minutes, tasty marinated beef are ready to cook!
30分鐘內便可釀出美味牛肉!



Chung Jun One
Marinade Sauce for Beef 500g
清淨園原味牛肉醃汁500克
\$29.9
425802



Chung Jung One Hot Pepper Paste 500g
清淨園辣椒醬500克
\$41.9 126616



Korea Organic
Sprouted
Brown Rice 800g
韓國有機
發芽玄米800克
\$109 353300