

Korean Kimchi Rice



Sirve:

6 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover

Valora: ★★★★★☆

Contribuido por:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
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Descripción de la Receta:

Bokumbap or Bokkeumbap is a simple everyday Korean rice dish. Use up leftover rice and add in any vegetables that you may have on hand for a quick one pan meal. This dish can be made with bacon, beef or tempeh for a vegetarian version.

1 cup
onions, strung, use Cone #2
(160
g)
2 cloves garlic, shredded, use Cone #1
2 cups
cabbage kimchi, drained and chopped, reserve the juice
(140
g)
2 teaspoons
Korean chili paste
(11
g)
6 cups
cooked rice, long grain brown or white
(1.2
kg)
2 tablespoons
naturally fermented soy sauce
(30
mL)
1 tablespoon
toasted sesame oil
(15
mL)
1 tablespoon
toasted sesame seeds
(8
g)
6 ounces

turkey bacon strips, cooked and chopped into pieces
(170 g)
1 cup
frozen peas
(134 g)
fried egg (optional topping)
minced scallions (optional topping)

Preparación :

1. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, add onions. Sauté for 2 - 3 minutes, until softened.
2. Add drained kimchi and continue to sauté until the kimchi is soft, an additional 3 - 4 minutes.
3. Add Korean chili paste and stir to combine.
4. Add cold cooked rice and toss well to combine, separating grains with edge of spatula.
5. Add soy sauce, sesame oil, toasted sesame seeds and a splash or more of the reserved kimchi liquid.
6. Cook rice mixture 3 - 4 minutes to dry out a little and rice on bottom of pan is crispy.
7. Add in cooked bacon and peas. Toss to combine and continue cooking for 3 minutes until hot. Taste and adjust seasonings as desired.
8. Serve individual portions of kimchi rice hot with a fried egg and minced scallions on top, if desired.

Consejos:

- For a vegetarian dish, replace cooked bacon with cooked crispy tempeh strips cut into pieces.
- Add in additional vegetables to rice dish, such as spinach, mung bean sprouts, shredded carrots, sliced snap peas, scallions or other leftover vegetables.
- If you can't find Korean chili paste, substitute for jalapeño peppers, chili garlic sauce or crushed red pepper flakes.

Información nutricional por ración

Calorías: 397

Grasa Total: 13g

Grasa 3g

Saturada:

Colesterol: 27mg

Sodio: 1056mg

Carbohidratos: 55g

Fibra 6g

Dietética:

Azúcar: 5g

Proteína: 16g

Analysis calculated using long grain brown rice; does not include fried egg or minced scallions