

Korean-Style Turkey Bibimbap with Chilli Rayu

A delicious Korean-inspired rice bowl featuring juicy, seasoned turkey, fluffy jasmine rice and a colourful mix of fresh vegetables. Finished with a punchy chilli rayu, sesame and aromatic flavours, bringing together savoury, spicy and slightly sweet notes in every bite.

Nutritional Info

Calories: 526 kcal
Carbohydrates: 66 g
Protein: 43 g
Fat: 10 g

Ingredients

- Turkey Mince
- Baby Spinach
- Carrot
- Soy Sauce
- Egg
- Gochujang Paste
- Jasmine Rice
- White Mausu - Peanut Rayu

Your Pantry

- Olive Oil
- Salt

Allergens

Wheat (Soy Sauce)
Egg (Egg)
Soy (Soy Sauce, White Mausu)
Peanuts (White Mausu)
Sesame Seeds (White Mausu)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.

METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) *Cook the rice*

Rinse the rice in a sieve under cold water until the water runs clear. Add 100ml of cold/room temperature water per person to a saucepan with the jasmine rice and a pinch of salt. Bring to a simmer on high heat as fast as you can. Once bubbles begin to form, turn the heat down, cover with a lid/tin foil and leave for 12 minutes - do not lift the lid during cooking. Meanwhile, move on to the next step.

2) *Prepare the vegetables*

Cut the carrot into matchsticks or peel into ribbons.

3) *Sauté the spinach*

Place a non-stick frying pan on medium heat with a drizzle of oil. Once hot, add the spinach and stir fry until wilted. Add about ⅓ of the soy sauce and mix well. Turn off the heat and transfer to a bowl and cover to stay warm.

4) *Fry the turkey*

Rinse the frying pan and return to the heat with a drizzle of oil. Once hot, add the turkey and stir fry for 4-5 minutes or until cooked through and beginning to go golden. Turn down the heat, then add the gochujang paste and soy sauce. Stir well until fully combined and allow to bubble for just under a minute. Remove the turkey to a bowl making sure to bring all that lovely flavouring with it.

5) *Fry the eggs*

Give the frying pan a rinse and then return it to the heat with another drizzle of oil. Once hot, crack in the eggs and fry them to your preference (2-3 minutes for a medium yolk). Switch off the heat.

6) *Serve the dish*

Serve the rice in bowls and top with the turkey mince. Lay the vegetables around the edges and top with the egg. Garnish with the chilli rayu and enjoy!

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