

## Zucchini, carrot, spinach and shiitake bibimbap



<u>Ingredients</u>	<u>Preparation</u>
<ul style="list-style-type: none"> <li>• Shiitake mushrooms: 150 g</li> <li>• Zucchini: 2</li> <li>• Carrots: 3</li> <li>• Spinach: 200g</li> <li>• Onion: 1</li> <li>• Fresh ginger</li> <li>• Bean sprouts: 1 can</li> <li>• Basmati rice: 200 g</li> <li>• Water: 30 cl</li> <li>• Egg yolk: 4</li> <li>• Olive oil</li> <li>• Sesame oil</li> <li>• Chili pepper sauce</li> <li>• Salt</li> </ul> <p>To taste the Korean bibimbap, you must mix all the ingredients in the bowl together. Explosion of flavors guaranteed with this colorful dish!</p>	<p>I wash vegetables, except mushrooms. I peel the zucchini and I cut them into strips and cook them in a pan with a drizzle of olive oil.</p> <p>In another skillet, I brown the mushrooms with the onions, previously peeled and thinly sliced.</p> <p>Once the mushrooms have released all their water, I add the spinach (tailed if necessary). Once the vegetables are cooked, I remove them from the heat and season them with a little sesame oil and salt.</p> <p>I rinse the rice and put it to cook with water and a little salt. I cover everything and let it simmer until completely evaporated. Then, I let it steam for 10 minutes, over the heat and with the lid on.</p> <p>Meanwhile, I cut the carrots and a little zucchini into julienne.</p> <p>In large bowls, I divide the rice and cover it with the cooked vegetables, julienned vegetables, bean sprouts and one egg yolk per bowl. I season everything with a little sesame oil, chili sauce and grated fresh ginger. I eat hot!</p>

Source : <https://www.potagercity.fr/recettes/bibimbap-aux-courgettes-carottes-epinards-et-shiitakes/17572>

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