

Bibimbap

Rezept für 4 Personen



Vegetarisch

Nährwert / Portionen 496 kcal

Zubereitung

Zutaten Bibimbap

- Fresh ginger, grated
- 4 garlic cloves
- 300 g organic tofu
- 60 ml organic soy sauce
- white rice vinegar
- sesame oil, canola oil
- 1/2 onion, diced
- 500 g spinach leaves
- 1/2 vegetable papaya, small
- 1 tbsp organic agave syrup
- 3 carrots
- 500 g konjac noodles
- 4 eggs

Garnish

- Handful of mung sprouts and cilantro
- 1/2 red peperoncini
- Black sesame seeds

Zutaten Gochujang Sauce

- 2 tbsp gochujang paste (Asia shop)
- 2 tbsp white rice vinegar
- 3 tbsp honey
- 6 tbsp organic soy sauce

Zubereitung Bibimbap

Finely grate an approx. 5 cm piece of ginger. Toast the sesame seeds in a frying pan without oil. Deseed the chilli peppers and cut into fine rings. Finely chop the garlic and dice the tofu. Mix the soy sauce and 3 tbsp rice vinegar with 1/2 tsp ginger and 1/2 tsp garlic. Marinate the tofu in the mixture overnight.

Peel the vegetable papaya, halve, deseed and grate into strips. Mix 2 tbsp rice vinegar with the agave syrup and 1/2 tsp grated ginger. Add the sauce to the papaya and season with salt.

Cut the carrots into small pieces and mix with a little sesame oil, salt and pepper. Place the marinated tofu together with the carrots on a baking tray lined with baking paper and bake at 165 degrees for approx. 10-15 mins.

Sauté the onions and the rest of the garlic in a little canola oil, add the spinach and simmer gently.

Heat the pasta briefly in hot water (but can also be eaten cold) and flavour with a little sesame oil and salt. Heat a frying pan with a little canola oil, carefully add the eggs, fry them into fried eggs and season with salt and pepper. Roughly chop the cilantro.

Place all the ingredients in a bowl, spread the sauce on top and garnish with mung sprouts, sesame seeds, cilantro and peperoncini.

Zubereitung Gochujang Sauce

For the sauce, heat a little sesame oil and briefly sauté approx. 1 tsp garlic and the remaining ginger. Mix with the other sauce ingredients.