

Korean-Inspired Bibimbap Rice Bowl with Kimchi

Makes 2 servings | Difficulty: Medium

Prep time: 15 mins | Total time: 40 minutes

Bibimbap, or “mixed rice,” is a popular Korean meal consisting of savory vegetables, a protein source, and a spicy-sweet sauce called Gochujang, all over rice. Not only is this dish filled to the brim with antioxidants, but *bibimbap* is a gut health powerhouse.

Resistant starch from the refrigerated rice and the healthy bacteria from the fermented kimchi provide both prebiotics and probiotics to support a strong, healthy gut microbiome.



Adapted from <https://www.okonomikitchen.com/vegan-bibimbap/>

Ingredients

- 1/2 block extra-firm tofu, drained and sliced
- 2 T olive oil
- 1 T cornstarch
- 1 C carrots, finely shredded
- 1 C zucchini, thinly sliced
- 1 C shiitake mushrooms, sliced
- 2 cloves garlic, minced
- 2 T coconut aminos
- 1 1/3 cup cooked rice, refrigerated for at least 24 hours
- 2 tsp sesame oil
- 2 stalks green onion, sliced
- 2 T gochujang sauce
- 1/2 C kimchi

Directions

1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.
2. In a medium bowl, toss tofu slices in 1 T olive oil. Sprinkle corn starch and toss until evenly coated. Arrange tofu on an even layer on the baking sheet. Bake for 25-30 minutes, flipping half way through.
3. While tofu is baking, prepare a sauté pan over medium heat and add 1 T olive oil. Add sliced vegetables except for green onions and cook separately in the pan with garlic and coconut aminos for 1-2 minutes. Transfer to bowl.
4. Add 2 tsp sesame oil to sauté pan over medium heat. Cook rice until heated through.
5. Assemble *bibimbap* bowls by adding rice, vegetables, baked tofu, kimchi, green onions, and gochujang sauce.

Nutrition facts (per serving): 491 calories, 60g carbohydrates, 23g total fat, 4g saturated fat, 700mg sodium, 6g fiber, 15g protein, 2mcg vitamin D, 228mg calcium, 5.6mg iron, 786mg potassium