

BIBIMBAP



FROM VEGAN WITHOUT BORDERS  
BY ROBIN ROBERTSON

# Bibimbap

*Bibimbap, literally “stirred or mixed rice,” features a variety of vegetables and is flavored with the spicy Korean chili paste known as kochujang. This dish is typically made with white sticky rice, but I prefer to use brown rice because it is more nutritious. Bibimbap is frequently served topped with a fried egg, which is obviously omitted from this vegan version.*

*Swapping coconut aminos for the soy sauce will make this recipe soy free.*

## Ingredients

## Directions

- 3 tablespoons kochujang paste (Korean chili paste)
- 1 tablespoon soy sauce
- 1 tablespoon dark sesame oil
- 1 teaspoon rice vinegar
- 1 teaspoon agave nectar
- 1 tablespoon grapeseed oil or other neutral oil
- 1 large yellow onion, chopped
- 1 red bell pepper, seeded and cut into matchsticks
- 2 cloves garlic, minced
- 3 cups shredded green cabbage
- 1 carrot, coarsely shredded
- 1 cup thinly sliced white or shiitake mushrooms
- 3 cups cooked brown rice
- ½ English cucumber, peeled and cut into matchsticks
- 1 tablespoon toasted sesame seeds

1. In a bowl, combine the kochujang paste, soy sauce, sesame oil, vinegar, and agave. Stir to mix well. Set aside.
2. Heat the grapeseed oil in a large skillet or wok over medium-high heat. Add the onion, bell pepper, and garlic and stir-fry for 2 minutes. Add the cabbage and carrots and stir-fry for 2 minutes longer. Stir in the mushrooms and stir-fry for 1 minute, then add the reserved sauce and cook, stirring to coat. Add the cooked rice and cook, stirring, until well mixed and heated through. To serve, spoon the rice and vegetable mixture into bowls and top with cucumber and sesame seeds. Serve extra kochujang sauce and soy sauce on the side.

*From Vegan Without Borders: Easy Everyday Meals from Around the World by Robin Robertson, Andrews McMeel Publishing LLC*

*Photo Credit: Sara Remington*