Korean Bibimbap
Yield: 2 bowls

Ingredients:
Chicken breast 5 oz
OR Firm Tofu 5 oz
Tamari GF soy 4 tsp
Gochujang 1 tsp
Canola Oil 2-4 tsp
Shimeji 100 g
Spinach 100 g
Carrot (shredded) 1
Head Purple Cabbage (shredded) 1/4 cup
Edamame beans 50g/ 2oz
Brown Rice (cooked) 1/4 cup
Quinoa (cooked) 1/4 cup
Long Cucumber (finely sliced) 1/2
Spring Onion (finely sliced) 1
Pickled Daikon (finely sliced triangles)
Black & White Sesame Seeds (for garnish)

Pickled Daikon
Daikon 100 g / 3 1/2 oz
Rice Wine Vinegar 60 ml / 1/4 cup
Water 60-120 ml / 1/4-1/2 cup
Sugar (adjust to taste) 2 tbsp
Salt (adjust to taste) 1 tsp

Dressing
Gochujang (Korean chilli paste) 2 tbsp
Rice wine vinegar 2 tsp
Tamari soy sauce 1 tbsp
Toasted sesame oil 1 tbsp
Maple syrup 1 tbsp
Small garlic clove (finely grated) 1
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**Preparation:**
1. Cut a pressed block of tofu into equal size cubes.
2. Place the tofu in a shallow bowl and pour soy sauce (mixed in with 1 tsp of Gochujang) over the tofu. Soak the tofu overnight in the marinade.
3. Bake the tofu in a 400F oven for 8-10 minutes until lightly browned and hot.

**Pickled Daikon Preparation:**
1. Cut the daikon into quarters and slice into thin slices.
2. Bring rice vinegar, water (60-120 ml / ¼-½ cup, depending on how sharp you like your pickles), sugar and salt to a gentle boil.
3. Pour the hot pickling liquid over the daikon. The pickled daikon can be eaten straight away, but they are worth making a day in advance as their flavour develops with time. Store in an airtight jar in the fridge.

**Dressing:**
1. Whisk all of the dressing ingredients together in a medium-size bowl and then pour over top of your finished bowl.

**Method:**
1. Heat up 2 tsp of oil in a medium non-stick pan. Throw in the mushrooms and fry them gently until they are nicely browned on all sides. Season with salt and pepper once fried so that the mushrooms don’t release too much water during frying, throw in the edamame once the mushrooms are browned add a splash of water. Cook until edamame has warmed thoroughly.
2. Blanch the spinach ahead of time, cool in ice water and drain/squeeze to remove excess water.
3. Place 8 oz (volume, not weight) of the rice/quinoa mixture in the bottom of the bowl, top with all garnishes (except green onions and sesame seeds) like a clock face.
4. Prop your cooked protein of choice up in the centre of the bowl. Drizzle the top of the bowl with the dressing and garnish the top with sesame seeds and green onion.

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