

# Bi Bim Bop

---

## Ingredients:

1 cup brown rice cooked according to package direction

8 oz. steak sliced

Olive oil and sesame oil

1 cup (or so) sliced fresh mushrooms

2 carrots (spiralized or cut into match sticks)

4-6 Fresh asparagus stems sliced

1 small bunch bok choy (chopped) chili garlic sauce

½ bunch kale

2TBSP chili garlic sauce (or more if you like a little more spice)

½ tsp each salt and pepper

Green onions and sesame seeds for topping

4 Eggs

## For marinade:

2 chopped garlic cloves, 2 TBSP liquid amino (or soy sauce), 1 TBSP rice vinegar and ½ TBSP sesame oil

While the rice is cooking, mix together the marinade and add the sliced beef. Set aside.

Add about 1 TBSP olive oil to a large skillet or wok heat over medium- high heat. Cook the mushrooms until tender (about 5 minutes); add a bit of sesame oil the carrots, asparagus ¼ tsp each salt and pepper. Cook for about 3-4 minutes until asparagus and carrots are done but still a little crisp. Remove from the skillet and set aside.

In the same skillet add olive oil, kale, bok choy , chili garlic sauce, ¼ tsp each salt and pepper. Stir and cook until bok choy and kale starts to wilt about 2-3 minutes. Remove from skillet and set aside.

In the same skillet, cook the steak until cooked through about 4-5 minutes, turn off the skillet and set aside. While the beef is resting cook your eggs. I like to baste mine until the whites are set and the yolk is still runny.

Now, get a bowl or a plate, add rice, top with vegetables, beef, egg, and green onions and sesame seeds.

