

## Green Bibimbap

Serves 4

### INGREDIENTS

300g red rice  
500g wild broccoli  
250g green asparagus  
2 medium pak choy  
200g edamame, peeled  
1 avocado  
**2 tbsp sesame seeds, black & white**  
1 packet pea shoots  
**4 eggs**  
4 tbsp gochujang paste  
**2 tbsp light soy sauce**  
2 tbsp agave thick juice  
1 lime  
6 small chillies  
6 garlic cloves  
**4 tbsps sweet soy sauce (e.g. healthy boy)**  
Vegetable oil

**ALLERGENS HIGHLIGHTED IN BOLD**



### PREPARATION

Boil the rice according to the instructions on the packet. Wash the broccoli and asparagus and remove the woody ends. Cut the pak choy into quarters.

Halve the avocado, remove the pit and scoop the flesh out with a spoon. Cut into bite-sized cubes and marinate with 2 tbsp lime juice. Preheat the oven to 220°C Circo Therm®.

P.T.O.

## Green Bibimbap

### PREPARATION

Place the broccoli, garlic and chilli on a baking tray lined with baking paper, drizzle with soy sauce and oil and roast in the oven for 10 minutes. Heat a grill pan and grill the asparagus, marinated with a little oil, all around. Place the pak choy on a second tray and season with salt. Remove the broccoli from the oven.

Change the setting from dry heat to full steam and steam the pak choy for 6 minutes.

For the sauce, combine the gochujang paste, light soy sauce, agave syrup, remaining lime juice, 6 tbsp water and 4 tbsp oil and season with salt.

Heat 2 tablespoons of oil in a frying pan and fry four eggs.

Divide the rice into four bowls, top with the vegetables and top off with an egg each. Drizzle the sauce over the rice and serve garnished with sesame seeds and pea shoots.