

Kimchi Fried Rice Recipe

(Korean Recipes)

Ingredients: Serves 4-6

200g ground beef or beef sirloin, cut into thin strips
1½ tablespoons soy sauce
2 cloves garlic, peeled and crushed
1 tablespoon vegetable oil
½ teaspoon sugar
1 small onion, diced
250g firmly packed, sliced kimchi
600g cold cooked rice, preferably short-grain rice
1 small capsicum, diced (optional)
3 scallions, thinly sliced
1 green chili, sliced
1 tablespoon sesame oil
Black sesame seeds, to garnish

Method:

Season the beef in a bowl with the soy sauce and garlic, mix well and leave to marinate for 5 minutes. Heat ½ tablespoon of the oil in a wok over high heat and stir-fry the beef with the sugar, onion and kimchi until the onion softens, about 1 to 2 minutes. Remove from the wok and set aside. Reduce the heat to medium, add the remaining oil to the wok and heat until the oil is very hot. Add the rice and stir-fry for 30 seconds, then add the beef, capsicum, scallions and chili. Stir-fry until heated through, then transfer to a serving bowl and drizzle the sesame oil. Garnish with the black sesame seeds and serve. This is a handy way of using leftover cooked rice, which can be kept refrigerated in a covered container (in fact, rice kept overnight is best for all fried rice dishes, as the rice is completely dry). This dish is ideal for a light lunch or supper.

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