



Excerpted from [DAMN DELICIOUS MEAL PREP: 115 Easy Recipes for Low-Calorie, High-Energy Living](#).  
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## FARRO BIBIMBAP BOWLS

### PREP TIME:

25 MINUTES

### COOK TIME:

30 MINUTES

### TOTAL TIME:

55 MINUTES

### YIELD:

4 SERVINGS

2/3 cup farro  
4 medium eggs\*  
1 tablespoon olive oil  
2 cloves garlic, minced  
4 cups chopped spinach  
1 cup bean sprouts  
2 carrots, peeled and spiralized  
1 batch Korean Beef (page 135/*recipe follows*)  
2 zucchini, peeled and spiralized  
1 cup kimchi  
2 green onions, thinly sliced (optional)  
4 teaspoons gochujang (optional)  
1 teaspoon toasted sesame seeds (optional)

As corny as it sounds, I truly feel that really good food is always possible when you cook from the heart. When someone makes a dish that is near and dear to their heart, whether it is from a family recipe from 100 years ago or something they made for a partner on a first date, you can taste the love they put into the dish.

One of those recipes for me is bibimbap. This is a Korean dish I grew up on, a staple in our household, where my mom's version would be the absolute best. I've tried to re-create her bibimbap but my attempts have never compared with hers. She's got some secret bibimbap potion, I think.

But even without her potion, I've put the [Damn Delicious](#) spin to it, using my favorite, and very popular, Korean beef as the protein base. But it's also loaded with so many veggies that it can truly be a clean-out-the-fridge-type meal. And don't worry. Kimchi is readily available at many grocery stores now.

1. Cook the farro according to package instructions; set aside.



2. Place the eggs in a large saucepan and cover with cold water by 1 inch. Bring to a boil and cook for 1 minute. Cover the pot with a tight-fitting lid and remove from the heat; let sit for 8 to 10 minutes. Drain well and let cool before peeling and halving.
3. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and cook, stirring frequently, until fragrant, 1 to 2 minutes. Stir in the spinach and cook until wilted, 2 to 3 minutes; set aside. In the same pan, stir-fry the bean sprouts until just tender, about 2 minutes; set aside.
4. Divide the farro into meal prep containers. Top with the Korean beef, eggs, spinach, bean sprouts, carrots, zucchini, and kimchi. Garnish with green onions, gochujang, and sesame seeds, if desired. Will keep in the refrigerator 3 to 4 days.

#### NOTE

\* If serving immediately, runny, sunny-side-up eggs are perfect. But for meal prep purposes, the hard-boiled eggs are best.

NUTRITION FACTS: CALORIES: 485.0 / TOTAL FAT: 21.0 / TRANS FAT: 0.0 / SATURATED FAT: 5.0 / CHOLESTEROL: 156.0 / SODIUM: 1088.0 / CARBOHYDRATES: 52.0 / FIBER: 9.0 / SUGAR: 15.0 / PROTEIN: 33.0

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#### KOREAN BEEF

3 tablespoons packed brown sugar  
3 tablespoons reduced sodium soy sauce  
1 tablespoon freshly grated ginger  
1 1/2 teaspoons sesame oil  
1/2 teaspoon sriracha (optional)  
2 teaspoons olive oil  
2 cloves garlic, minced  
1 pound ground beef  
2 green onions, thinly sliced (optional)  
1/4 teaspoon sesame seeds (optional)

1. Cook the rice according to package instructions; set aside.
2. Place the eggs in a large saucepan and cover with cold water by 1 inch. Bring to a boil and cook for 1 minute. Cover the pot with a tight-fitting lid and remove from the heat; let sit for 8 to 10 minutes. Drain well and let cool before peeling and slicing in half.
3. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and cook, stirring frequently, until fragrant, 1 to 2 minutes. Stir in the spinach and cook until wilted, 2 to 3 minutes; set aside.
4. For the beef: In a small bowl, whisk together the brown sugar, soy sauce, ginger, sesame oil, and sriracha, if using.



5. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and cook, stirring constantly, until fragrant, about 1 minute. Add the ground beef and cook until browned, 3 to 5 minutes, making sure to crumble the beef as it cooks; drain excess fat. Stir in the soy sauce mixture and the green onions until well combined, then simmer until heated through, about 2 minutes.
6. Place ground beef mixture into meal prep containers and garnish with green onion and sesame seeds, if desired. Will keep covered in the refrigerator 3 to 4 days. Reheat in the microwave in 30-second intervals until heated through.



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