Avocado Bibimbap

Serves 1 bowl

Ingredients

1 ripe avocado from Mexico, sliced
1 cup (250 ml) cooked sticky rice
1 carrot, julienned
1 zucchini, julienned
1 cup spinach, blanched
1 egg, fried sunny-side up
½ cup (125 ml) kimchi
1 tbsp (15 ml) sesame oil
1 tbsp (15 ml) gochujang (Korean chili paste)
1 tsp (5 ml) soy sauce
1 tsp (5 ml) sesame seeds, for garnish

Preparation

1. Sauté carrots and zucchini lightly in sesame oil. Blanch spinach for a minute and season with soy sauce.
2. In a bowl, add rice and top with avocado slices, sautéed veggies, spinach, kimchi and fried egg.
3. Drizzle with sesame oil and gochujang, and garnish with sesame seeds. Mix everything together before eating.