

# Sheet Pan Bibimbap

Serves 4–5

Adapted from Eric Kim's [recipe](#).

## Ingredients

1 lb ground beef  
1 medium yellow onion  
1 pear, seeded and roughly chopped (preferably an Asian pear, but any old pear works. If you're in a pinch, 1 cup canned slice pears or even 1 cup of apple juice can be substituted)  
4 cloves garlic  
2 zucchinis  
1 bunch lacinato/dinosaur (or other) kale  
1 lb mushrooms of your choice, whole  
2 tsp mirin or other cooking wine  
4 cloves of garlic  
¼ cup gochujang  
¼ cup soy sauce  
¼ cup sesame oil  
1 tsp apple cider vinegar (or rice vinegar)  
Cooked rice  
An optional fried egg

## Equipment

Cutting board  
Knife  
Bowls  
Blender  
Oven  
2 Sheet Pans  
Spatula  
Tongs

## Method:

Set oven to 425 degrees.

### Beef marinade

Cut the onion in two. Thinly slice one half and set aside. Roughly chop the other half, and add that to a blender along with 2 Tbsp soy sauce, 2 cloves garlic, 1 cup of pear, and 1 tsp sesame oil. Blend together until a smooth puree forms. Pour this puree over the ground beef, add the thinly sliced onions, and mix together thoroughly. Set aside while you prep the rest of the ingredients.

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## Kale

Chop kale into 2 inch pieces, cover in 2 tsp oil and ½ tsp salt, and mix.

## Zucchini

Quarter zucchini and cut into ¼ inch slices. Coat with 1 tsp oil and ½ tsp salt.

## Mushrooms

If using cap mushrooms (like shiitake, button, baby bella), remove stem and keep whole. If using mushrooms like oyster, maitake, or trumpet, cut into pieces. Mix mushrooms with 2 tsp oil, 2 tsp soy sauce, and 2 tsp mirin.



Arrange the four components onto two sheet trays. On the first tray, spread the beef as thin as possible on one half, using either fingers or a spatula to break up the meat here and there, and scatter the kale as much as possible on the other half. On the second tray, spread the zucchini pieces in a single layer on one half, and arrange the mushrooms on the other half. The zucchini will roast best if it is spread in one layer on the tray, so if it starts piling up on the tray, either get out a third baking sheet, or roast the zucchini in batches.

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Place the trays in the oven with the beef tray on the top rack, and bake for 25 minutes (or until the beef reaches a temperature of 160 degrees). Carefully drain the liquid from the beef, and break up the chunks. The kale should be partially braised in the beef liquid and partially roasted.



To make the sauce, combine  $\frac{1}{4}$  cup gochujang,  $\frac{1}{4}$  cup soy sauce,  $\frac{1}{4}$  cup water, 2 Tbsp sugar, 1 tsp vinegar, the remaining 2 cloves of garlic (minced), and 2 Tbsp sesame seeds.

To serve, arrange roughly  $\frac{1}{2}$  cup of each of the four components on a bed of rice, drizzle about 2 Tbsp of sauce, and lightly sprinkle with sesame seeds. Optional: top with a jammy, over-medium egg.

