

CELEBRATE AAPI MONTH WITH MISSISSIPPI MARKET AND JESS DELICIOUS

Celebrate AAPI Heritage Month with this vibrant and nourishing Korean-inspired Bibimbap recipe! This dish brings together a rainbow of sautéed and seasoned vegetables, umami-packed bulgogi mushrooms, a perfectly cooked egg, and a bold, gochujang-based sauce, all served over a bed of rice. It's a flavorful, satisfying meal for two that is easy to customize and fun to make.

WANT TO COOK IT LIVE? Join our *Cook Along @ Home* session with **Jess Delicious Living**, our featured chef for AAPI Month. Jess is a passionate home cook and food content creator who brings heart, heritage, and approachability to every dish she shares. Known for her vibrant recipes that celebrate Asian American culture and traditions, Jess makes cooking feel joyful and empowering, whether you are a seasoned home chef or just getting started.

THE RECIPE

Serves 2 people

1. To assemble, place the rice at the bottom of the bowl.
2. Add the vegetables around the bowl in sections.
3. Add the egg to the middle of the bowl.
4. Drizzle with bibimbap sauce.

Rice

½ Cup Cooked Rice

Bean Sprouts

- ½ Cup bean sprouts
- ½ Tbsp soy sauce
- ½ Tbsp sesame oil
- ½ Tsp Gochugaru or Gochujang
- 1 Tsp minced garlic
- 1 Tsp sesame seeds
- 1 Tsp rice vinegar

Instructions

1. In a small saucepan, boil two cups of water.
2. Add the bean sprouts to boiling water and cook for 1 minute.
3. Remove.
4. Mix soy sauce, sesame oil, gochugaru (or gochujang), sesame oil and garlic.
5. Add in the strained bean sprouts.
6. Stir in rice wine vinegar.

Bulgogi Mushrooms

- 1/2 cup mushrooms
- 1 tsp minced garlic

- 1 green onion minced
- 2 tbsp soy sauce
- 1 tsp gochujang
- 1 tbsp sugar
- 1 tsp sesame oil
- Black pepper

Instructions

1. Slice mushrooms
2. Add all other ingredients to make marinade.
3. Add mushrooms and the sauce to a pan and marinate for 10 minutes.
4. Come back and Cook mushrooms on medium heat until sauce has absorbed into the mushrooms and the mushrooms are browned. Around 2 minutes.

Spinach

- 1 cup fresh spinach
- 1 tsp sesame oil
- 1 tsp garlic minced
- 1 green onion minced
- ½ tsp sesame seeds
- ¼ tsp salt

Instructions

1. Heat a pan to medium/high heat.
2. Add sesame oil
3. Add spinach and wilt.
4. Remove and add garlic, green onions, sesame seeds and salt.

Carrots/Zucchini

- ½ cup carrots cut into matchsticks
- ½ cup zucchini cut into matchsticks
- 1 tsp sesame oil
- Salt and Pepper

Instructions

1. Heat pan to medium/high heat.
2. Add sesame oil.
3. First add in the zucchini and cook for 60 seconds or until they become soft. Remove. Add more oil if needed and then add the carrots.
4. Cook for 1-3 minutes until soft. If they are dry add a tsp of water to them. Remove from pan and season them both with salt and pepper.

Bibimbap Sauce

- 1 tbsp Gochujang
- ½ tbsp sesame oil
- 1 tsp sugar
- 1 tsp sesame seeds
- 1 tsp rice vinegar

Instructions

1. Mix together and pour over rice.

2 Eggs

- Heat pan to medium high heat.
- Add in a splash of oil.
- Crack the eggs in and cook until the white has set.
- Flip over and cook for another 30 seconds.