

# KIMCHI DELIGHT FRIED RICE

Easy Recipe

Indulge in this flavourful dish Kimchi is a very popular Korean dish that became a staple food during harsh winters when fresh vegetables weren't available. Recipes are often passed down through generations - many families create their own unique recipe!

**PREP TIME:**

10 minutes

**COOKING TIME:**

10 minutes

**AMOUNT RECIPE MAKES:**

4 servings

**SKILLS USED:**

Measuring, cutting, mixing/stirring, cooking on the stove

[Adapted from Maangchi](#)

**Nutrition Nuggets:** Kimchi is packed with probiotics which are good bacteria that help our stomach and digestive system!

**Leftover Love:** This recipe is even better with leftover rice - rather than fresh rice. If you have leftover rice on hand, try this quick stir fry and enjoy!

**Food for Thought:** Do you want to add something a little extra to this dish? Try adding in beef, chicken, pork, or ham. Many people add a fried egg on top!

## EQUIPMENT:

- Stove
- Medium pot
- Large pan
- Spoon
- Knife
- Cutting board
- Measuring cups and spoons

## INGREDIENTS:

- 1 cup of uncooked rice
- 1 cup chopped kimchi
- 1/4 cup kimchi juice (from the jar of kimchi)
- 1/4 cup water
- 2 to 3 tablespoons gochujang
- 3 teaspoons toasted sesame oil
- 1 teaspoon vegetable oil
- 1 green onion, chopped
- 1 tablespoon roasted sesame seeds
- 1 sheet of gim, roasted and shredded into seaweed strips

## DIRECTIONS:

1. Cook rice as per package instructions in a medium pot.
2. Heat up a wide, flat pan. Add the vegetable oil.
3. Add the kimchi and stir fry for one minute over medium-high heat.
4. Add rice, kimchi juice, water, and gochujang. Stir all the ingredients together for about 7 minutes with a spoon.
5. Add sesame oil and remove from heat.
6. Garnish with sprinkled chopped green onion, roasted gim, and sesame seeds.