

# Spicy Turkey Bibimbap Bowl

- Prep Time: 7 minutes
- Cook Time: 21 minutes
- Total Time: 28 minutes
- Servings: 5

## Ingredients:

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- 1/2 cup diced onion
  - 4 cloves garlic
  - 1 3/4 cups quartered mushrooms
  - 1 1/2-inch piece of ginger, peeled
  - Carlini Canola Cooking Spray
  - 19.2 ounces Kirkwood 93% Lean Fresh Ground Turkey
  - 1/4 cup plus 1 tablespoon Burman's Reduced Sodium Soy Sauce, divided
  - 3 tablespoons Baker's Corner Brown Sugar
  - 1 1/2 teaspoons Stonemill Crushed Red Pepper
  - 1 tablespoon plus 1 teaspoon Carlini Vegetable Oil
  - 12 ounces Season's Choice Plain Riced Cauliflower
  - 2 cups cooked Specially Selected Brown Basmati Rice
  - 2 teaspoons Stonemill Garlic Powder
  - 5 Goldhen Large Eggs
  - 1/4 cup sliced green onions
  - 1 cup shredded carrots
  - 1 yellow bell pepper, thinly sliced
  - 1 1/2 cups shredded green cabbage
  - 1 cup thinly sliced cucumbers, seeded
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## Directions:

1. In a food processor, pulse onions, garlic, mushrooms and ginger into small pieces.
2. In a nonstick skillet over medium-high heat, coat pan with cooking spray. Add turkey and vegetable paste. Cook for 8-10 minutes.
3. Add 1/4 cup soy sauce, brown sugar and crushed red pepper and cook an additional 2 minutes. Remove from heat and reserve.
4. In a nonstick skillet, over medium high heat, add the vegetable oil and sauté the riced cauliflower for 4-5 minutes. Add the rice, garlic powder and remaining 1 tablespoon of soy sauce and continue to sauté for 5-6 minutes. Remove from heat and reserve.
5. Coat a nonstick skillet with cooking spray. Over medium heat, cook the eggs to desired doneness and reserve.
6. To build your bowl, add the rice followed by the turkey. Add desired vegetables and egg.

**Tip: This bowl is perfect for meal prepping. Simply keep the rice and turkey separate from the fresh vegetables when reheating. Cook the egg last minute or switch it up with a soft boiled egg.**



Recipe Courtesy of:  
ALDI Test Kitchen