KOREAN CUISINE

Chamchigimbap

Tuna Gimbap | 참치김밥



A wholesome and delicious Korean gimbap roll filled with savory, oil-drained tuna, fragrant perilla leaves, thick egg omelet strips, and seasoned spinach. Perfect for a quick, satisfying meal or an all-time favorite picnic lunchbox menu.

⏱️ **Prep: 20 mins | Cook: 10 mins |** 🍳 **Easy |** 🐟 **High Protein |** 🧺 **Picnic Favorite**

Ingredients (2 servings)

- **Main Ingredients:** 2 bowls warm cooked white rice, 2 sheets dried seaweed for gimbap (gim), 100g canned tuna, 4 fresh perilla leaves, 2 pickled radish strips (danmuji), 2 crab sticks (imitation crab), 100g spinach, 1–2 eggs
- **Rice Seasoning:** A pinch of flavor salt (mat-소금 / salt), a drizzle of sesame oil
- **Egg Omelet (Jidan):** A pinch of salt, a pinch of white pepper, a dash of sugar, a splash of water, cooking oil
- **Spinach & Tuna Seasoning:** A pinch of salt, crushed sesame seeds, sesame oil

Allergy Information

- **Contains:** Fish (Tuna), Eggs, Seafood & Wheat & Soy (Crab sticks), Sesame

Equipment

- Gimbap Bamboo Mat (Gimbal), Frying Pan, Strainer, Knife, Cutting Board

Cooking Instructions

1. **Frying Egg Omelet:** In a bowl, beat the eggs with a pinch of salt, white pepper, sugar, and a splash of water. Heat oil in a pan over medium heat and fry into a thick omelet (jidan). Let it cool, then slice into long strips matching the length of the seaweed.
2. **Seasoning Spinach & Tuna:** Blanch spinach in boiling salted water, rinse immediately in cold water, and squeeze out all excess moisture. Toss lightly with salt and sesame oil. Thoroughly drain the oil from the canned tuna using a strainer, then toss the tuna with crushed sesame seeds and sesame oil.
3. **Seasoning the Rice:** Gently mix warm white rice with flavor salt and sesame oil using a slicing motion with a spatula, then set aside to cool to lukewarm.
4. **Rolling the Gimbap:** Place a sheet of lightly toasted seaweed on a bamboo mat with the rough side facing up. Spread a thin, even layer of rice over 3/4 of the sheet. Lay 2 perilla leaves flat over the rice, then place the drained tuna on top. Add the egg strip, pickled radish, crab stick, and seasoned spinach, then roll tightly using the bamboo mat.

5. **Slicing & Serving:** Lightly moisten the edge of a sharp knife with water or sesame oil. Slice the gimbap into 8–10 bite-sized pieces (1.5–2 cm thick) and arrange nicely on a plate.

💡 Cooking & Pairing Tips

- **Thoroughly Drain Tuna Oil:** Completely draining the oil from the canned tuna is essential to keep the rice and seaweed from absorbing excess grease and turning soggy, ensuring a clean and light taste.
- **Wrap Tuna in Perilla Leaves:** Placing perilla leaves underneath the tuna and wrapping them slightly around it creates a moisture barrier that keeps the rice dry and maintains the roll's shape.
- **Moisten the Knife Blade:** Wiping the blade with a bit of water or sesame oil before slicing prevents sticky rice grains from clinging to the knife, guaranteeing clean cross-sections without tearing the roll.
- **Perfect Food & Beverage Pairing:** Pairs exceptionally well with spicy *Tteokbokki*, *Ramyeon*, or a warm bowl of fish cake soup (*Eomuk-guk*). Enjoy with a glass of cold barley tea or a refreshing soda.

Storage Instructions

- Gimbap is best consumed on the day it is made. If storing leftovers, wrap tightly in plastic wrap and refrigerate for up to 1 day. Reheat by coating sliced pieces in beaten egg and pan-frying lightly on low heat.

Nutrition Facts (Estimated)

- Total Content : Approx. 450g (2 rolls / 2 servings total)
- Calories : 620 kcal total (approx. 138 kcal per 100g / 310 kcal per 1 serving)

  – Sodium : 950mg (48%)
  – Total Carbohydrate : 88g (27%)
  – Sugar : 6g (6%) – Total Fat : 18g (33%)
  – Trans Fat : 0g
  – Saturated Fat : 3.5g (18%)
  – Cholesterol : 160mg (53%)
  – Protein : 26g (47%)
  – Calcium : 180mg (18%)

Editor's Review

1. **A Sensual Accord of Lean Tuna and Aromatic Perilla Leaves**

The moment the clean savoriness of thoroughly drained tuna encounters the crisp, herbal aroma of perilla leaves, a refined aesthetic unfolds on the palate. The plush softness of a thick egg strip, the dew-kissed tenderness of spinach, and the lively crunch of pickled radish weave together in an unceasing celebration of texture. Wrapped softly in fragrant sesame-infused rice, every bite leaves a lingering, comforting savoriness until the very end.

2. Aesthetics of the Cross-Section Born from Moisture Control and Precise Cuts

Tuna Gimbap represents the essence of Korean casual dining, highlighting precise moisture science and delicate layering. Pressing out excess oil and placing perilla leaves as a protective barrier preserves the rice's suppleness and the seaweed's crispness—a brilliant technical decision safeguarding the roll's integrity. Gliding an oiled blade through the cylinder yields clean, round cross-sections where vibrant ingredients form a beautifully balanced visual masterpiece without collapsing.

3. Heartwarming Solace Encapsulated in a Round Slice

Nestled gently within perilla leaves, savory tuna and colorful ingredients converge peacefully inside a dark cylinder of seaweed. Echoing the joyful anticipation of a picnic or a quiet pause on a busy day, each carefully rolled slice overflows with an affectionate warmth that brightens the heart. Like these harmonious ingredients keeping their respectful bounds, a single satisfying bite of Tuna Gimbap delivers the most authentic and steadfast comfort to sustain your journey.



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