



Kongnamulbap

Bean Sprout Rice | 콩나물밥



A comforting Korean one-pot dish where crisp soybean sprouts and savory marinated beef are layered with rice, allowing their rich juices to infuse every grain. Mixed with a spicy, seasoned soy sauce, it makes for a complete, flavor-packed meal all on its own.

 **Prep: 20 mins** | **Cook: 30 mins** |  **Easy** |  **High Protein** |  **High Fiber**

Ingredients (3-4 servings)

- **Main Ingredients:** 3 cups white rice, 300g soybean sprouts (kongnamul), 200g beef, 4 cups water
- **Aromatics:** 1 stalk green onion (finely chopped), 2 cloves garlic (minced)
- **Beef Marinade:** 2 tbsp soy sauce, 1 tbsp minced green onion, 1/2 tbsp minced garlic, 1/2 tsp crushed sesame seeds, 1/2 tbsp sesame oil, a pinch of black pepper
- **Seasoning Sauce:** Approx. 6 tbsp soy sauce, remaining minced green onion and garlic, 2 tsp red pepper flakes (gochugaru), 1 tbsp sesame oil, approx. 1/2 tbsp crushed sesame seeds

Allergy Information

- **Contains:** Beef, Soy (Soy sauce), Sesame

Equipment

- Pot (or Heavy-Bottomed Cooking Pot), Mixing Bowl, Knife, Cutting Board, Spatula

Cooking Instructions

1. **Ingredient Prep:** Wash the rice 30 minutes prior to cooking and drain thoroughly in a sieve. Trim off any yellowing roots from the soybean sprouts, rinse cleanly, and drain. Thinly slice the beef along the grain, and finely mince the green onion and garlic.
2. **Marinating Beef & Making Sauce:** Combine the sliced beef with 2 tbsp soy sauce, 1 tbsp minced green onion, 1/2 tbsp minced garlic, 1/2 tsp crushed sesame seeds, 1/2 tbsp sesame oil, and black pepper. In a separate bowl, mix the remaining soy sauce, green onion, garlic, sesame oil, and sesame seeds with 2 tsp red pepper flakes to prepare the serving sauce.

3. **Layering in the Pot:** Divide the sprouts, marinated beef, and soaked rice into two equal portions. In the pot, build layers: half the sprouts → half the beef → half the rice, then repeat with the remaining sprouts → remaining beef → remaining rice. Pour in 4 cups of water.
4. **Cooking & Steaming:** Place the pot over medium-high heat with the lid closed. Once it comes to a boil and steam rises, turn down the heat to low to gently steam and finish cooking. Keep the lid closed throughout to prevent bean sprout odor.
5. **Mixing & Serving:** Once fully cooked and steamed, gently fold the beef, bean sprouts, and rice together with a spatula so everything is distributed evenly. Serve warm in bowls accompanied by the seasoned soy sauce.

Cooking & Pairing Tips

- **The Science of Layering:** Alternating layers of bean sprouts, beef, and rice allows the steam from the sprouts' moisture and the savory juices from the beef to circulate evenly through the rice, maximizing flavor depth.
- **Keep the Lid Closed:** Keeping the lid sealed while cooking prevents lipoxigenase enzymes in the sprouts from causing a raw/fishy smell, ensuring crisp, sweet sprouts.
- **Perfect Food & Beverage Pairing:** Pairs wonderfully with a light soup such as soybean paste soup (*doenjang-guk*) or clear beef radish soup (*muguk*). Enjoy with a warm cup of roasted barley tea or a refreshing bowl of traditional *makgeolli*.

Storage Instructions

- Store leftover cooked rice in an airtight container in the refrigerator for up to 1–2 days. Reheat gently in the microwave or stir-fry lightly in a pan. Keep the seasoning sauce stored in a separate container in the fridge.

Nutrition Facts (Estimated)

- Total Content : Approx. 1,000g (3-4 servings total)
- Calories : 1,200 kcal total (approx. 120 kcal per 100g / 350 kcal per 1 serving)
 - Sodium : 880mg (44%)
 - Total Carbohydrate : 180g (55%)
 - Sugar : 4g (4%)
 - Total Fat : 18g (28%)
 - Trans Fat : 0g
 - Saturated Fat : 4.5g (23%)
 - Cholesterol : 45mg (15%)
 - Protein : 38g (69%)
 - Calcium : 90mg (9%)

Editor's Review

1. A Lively Bounce of Crunch and Savory Juices

The moment the lid lifts, a burst of nutty sesame oil and earthy warmth explodes into the air. As you lightly fold in the seasoned soy sauce, the rich juices of seasoned beef and the refreshing moisture of bean sprouts—impregnated into every single grain of rice—instantly capture your palate. The lively, elastic crunch of the sprouts popping cheerfully on the tongue, paired with the sharp, intuitive kick of chili and garlic, continuously stimulates the appetite without a single dull moment.

2. The Aesthetics of Layering and Moisture Control

Kongnamulbap is the epitome of Korean one-pot rice dining, elevating common ingredients through intuitive yet precise culinary science. The technique of layering bean sprouts, marinated beef, and soaked rice creates a smart convection process where steam and meat juices circulate evenly throughout the pot during simmering. The patience of sealing the lid to lock in aroma and control moisture is a brilliant culinary victory that preserves the delicate crunch of the vegetables without letting the rice grains turn soggy.

3. Warm Comfort and Nostalgia on a Humble Table

Complete with nothing more than a bowl of rice and a spoonful of savory sauce, this humble dish reflects a way of life that values simplicity over grandeur and truth over display. Even without extravagant delicacies, the rustic nuttiness born as field-grown sprouts and grains fuse together in hot steam offers a tender embrace to an exhausted day. Billowing with fresh, warm steam, a simple bowl of bean sprout rice is the nostalgic warmth of home that invites you to pick up a spoon with a light, refreshed heart.

