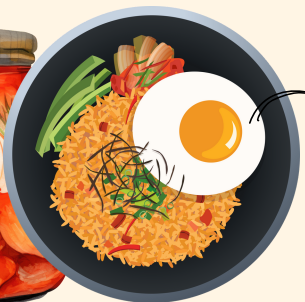


Heal your feels

Catering + Coaching for badass women

www.kylamitsunaga.com

kimchi



kimchi
fried
rice

WITH love,
Kyla



30-MINUTE KIMCHI

Ingredients:

- 2 lb. napa cabbage
- 1/4 cup salt in 1 cup water
- 1/4 cup fish sauce
- 1/3 cup red pepper powder
- 2 spring onions diced
- 5 cloves of minced garlic

Method:

1. Chop napa cabbage into bite-sized pieces and soak in salt/water.
2. Add all other ingredients into a bowl and mix.
3. Put in mixture from #2 into napa cabbage after rinsing out salt water a few times.

Yield: 2 x 16 oz. jars

3 INGREDIENT KIMCHI FRIED RICE

Ingredients:

- 3 cups cooked rice
- 1 cup kimchi
- 1 diced onion

Method:

1. Dice onion and brown in frying pan until translucent with a little bit of oil.
2. Toss rice in, and fry until there's a little char.
3. Toss kimchi in and mix well, and fry until incorporated.
4. Optional: Sprinkle on spring onions, sesame seeds, sesame oil, seaweed strips, and a fried egg.

Yield: 3 people