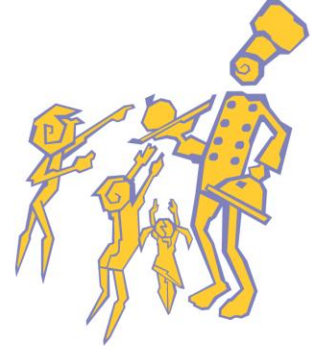




HOSPITALITY INDUSTRY PROFESSIONALS FOR KIDS



## Bibim Guksu (비빔 국수) – Korean-Style Noodle Salad

4 bundles Dried Buckwheat Noodles  
Vegetables

- ½ Head Lettuce
- 1 Bell pepper
- 1 Carrot
- 1-2 Cucumbers
- Sauce ingredients
- 2 Tablespoons toasted sesame oil
- 2 Tablespoons lemon juice (juice from 1 lemon)
- 2 Tablespoons soy sauce, low-sodium
- 1 Tablespoon honey
- Optional) 1 Tablespoon Gochujang (고추장, Korean

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TT = To Taste

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## **DIRECTIONS**

- 1) Cook buckwheat noodles in boiling water until soft and chewy, about 10 minutes. Rinse in cold water and mix in sesame oil.
- 2) Make the sauce by mixing lemon juice, soy sauce and honey. Mix in gochujang if you want to make the sauce spicy.
- 3) Cut all vegetables into thin slices and mix.
- 4) Add the sauce to buckwheat noodles and mix well.  
Add vegetables and mix well.

Enjoy!