Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Korean-Inspired Vegetarian Menu and Recipes

Meal	Menu
Breakfast	• Beansprout soup with tofu • Rice • Fresh orange
Snack	• Pajeon (scallion pancake) *
Lunch	• Bibimguksu (spicy mixed noodles) *
Snack	• Steamed kimchi mandoo
Dinner	• Bibimbap (rice topped with a variety of cooked vegetables and seasoned red pepper paste) • Chamoe (Korean melon)
Snack	• Goguma (baked Korean sweet potato)

Pajeon (scallion pancake)

Makes 4 servings.

- Prep time: 10 minutes
- Cooking time: about 10 minutes
- Total time: 20 minutes

Ingredients

- ¾ cup all-purpose flour
- ¼ cup rice flour
- ¾ cup cold water

- 5 green onions (green part), cut diagonally into about 2-inch pieces
- ½ onion, thinly sliced
- Vegetable oil for frying

Instructions

1. Add the all-purpose flour and rice flour to a large bowl. Use a fork to mix them together. While you're mixing, slowly add the cold water to the bowl. The batter should have a thin, pancake-batter-consistency. If you prefer a thinner batter, you can add more water little by little to adjust the consistency.
2. Add the green onions and onions to the batter. Mix well.
3. Add about 2 to 3 teaspoons of oil (enough to coat the bottom) to a large skillet. Heat the skillet over medium-high heat.
4. Add ½ cup of the batter to the pan and evenly spread it into a flat circle. Cook the batter until it's until golden brown on one side, about 3 minutes. Flip the pancake and cook the other side until it's golden brown. Move the pancake to a plate to serve.
5. Repeat the process with the rest of the batter. Add more vegetable oil to the pan as needed to keep the batter from sticking to the bottom. Adjust the heat as needed to keep the batter from burning.

Nutrition information

Serving size: 1 pancake

- Calories: 446 calories
- Carbohydrates: 56 grams
- Protein: 6 grams
- Fat: 22 grams
- Sodium: 10 milligrams
- Potassium: 168 milligrams
- Added sugar: 0 grams

Bibimguksu (spicy mixed noodles)

Makes 1 serving.

- Prep time: 10 minutes
- Cooking time: 10 minutes
- Total time: 20 minutes

Ingredients

- ½ cup chopped kimchi
- ¼ cup kimchi brine
- 1 garlic clove, minced
- 2 tablespoons gochujang
- 2 teaspoons sesame oil
- 4 cups water
- 1 bundle somyeon (thin wheat noodles)
- 1 small cucumber, cut into thin strips
- 2 teaspoons toasted sesame seeds, crushed
- 1 hard-boiled egg, cut in half

Instructions

1. Add the kimchi, kimchi brine, garlic, gochujang, and sesame oil to a bowl. Mix well.
2. Add 4 cups of water to a 1-quart saucepan or pot. Bring the water to a boil. Add the noodles and cook for 3 minutes. Drain the noodles and rinse them well in cold water.
3. Add the noodles to the kimchi mixture and mix well. Garnish with cucumbers, crushed sesame seeds, and a hard-boiled egg cut in half.

Nutrition information

Serving size: 1 cup

- Calories: 661 calories
- Carbohydrates: 106 grams
- Protein: 21 grams
- Fat: 20 grams
- Sodium: 3,295 milligrams
- Potassium: 765 milligrams
- Added sugar: 0 grams

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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