

Keen on Kimchi

Kimchi is a spicy, pickled dish often made with cabbage, garlic, chili peppers, and fish sauce. This fermented food contains health-promoting probiotics and is found in most supermarkets.

SPICY RICE

Add some chopped kimchi to steamed rice for a tangy and spicy kick.

ELEVATE EGGS

Fold a large, chopped spoonful into your scrambled eggs just before they are done.

TOP IT

Enjoy as a topping on savory dishes, such as grain bowls, salads, noodles, or burgers.

