



Korean Beef Bowl

Ingredients for Beef



1 lb (454 gr) ground beef

3 cloves garlic, minced

1 tsp fresh ginger root grated

1/3 cup soy sauce (or gluten free tamari)

3 Tbsp brown sugar

1/2 tsp crushed red pepper to taste

3 green onions, separate white and green

1 Tbsp sesame seeds (optional)

Ingredients for Bowls

3 cups rice, cooked

1 cup shredded carrot

1 cup cucumber, thinly sliced (or quick pickles) - see recipe

4 eggs

1 avocado, sliced (optional)

1-2 tsp spicy mayo sauce (optional for added heat)

Assemble the Bowls

1. **Sauté the aromatics** - heat a large skillet over medium high heat. Add a splash of oil if desired, then sauté the prepared garlic and ginger for 30 seconds until fragrant but not browned.
2. **Brown the beef** - Add the ground beef to the skillet, breaking it up with a spatula. Cook stirring occasionally until browned with no pink remaining - about 5-7 minutes. Drain excess fat.
3. **Build the sauce** - in a small bowl add in the soy sauce (or tamari), brown sugar, red pepper flakes, and the white parts of the green onions. Stir to combine thoroughly. Add to the beef mixture and let simmer for 2-3 minutes so the beef absorbs the flavours.

Assemble the Bowls

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4. Taste and adjust seasoning - add more red pepper flakes if you like extra heat. Sprinkle in half of the sesame seeds and stir in the green parts of the onions just before removing from heat.

5. Fry the eggs

6. Assemble the bowls - Scoop the cooked rice into serving bowls, fluffing it gently with a fork for maximum lightness. Top the rice with generous helpings of beef, then arrange the shredded carrots, cucumber slices, and avocado (if using) around the bowl. Top with fried egg. Drizzle with spicy mayo if you want extra heat and sprinkle with remaining sesame seeds.

Notes

Other Proteins

Beef Steak
Ground Chicken or Turkey
Pork Tenderloin
Shrimp
Firm Tofu - fried until browned

Other Starches

Couscous
Quinoa
Rice Noodles
Pasta

Other Vegetables

Sweet Potato - baked and cubed
Celery, Corn, Radish or any vegetables
you prefer...sky is the limit

Other Sauces

Teriyaki
Chipotle Mayo
Garlic Alioli
Honey Garlic

Quick Cucumber Pickle Recipe

Slice a cucumber and set in a dish with white vinegar, 1 tsp or salt and 2 tbsp of sugar for 10 minutes. You can add dill or other herbs if you wish.

Pickled Red Onion Recipe

1 red onion, thinly sliced in rings
½ cup apple cider vinegar
½ cup water
1 tbsp sugar
1½ tsp salt

Optional add-ins: 1 garlic clove (smashed), ½ tsp black peppercorns, 1 bay leaf, or a few pepper flakes for heat

Place onion in a bowl or glass jar
Combine vinegar, water, sugar and salt in a sauce pan and heat to combine and dissolve (do not boil).

Pour liquid over onions. Ready in about an hour. Can be kept for 2 weeks in sealed container in refrigerator.