

Korean Barbecue Beef Bowl

Meal time: Dinner

Meal course: Main

Meal type: Meat

County of origin: South Korea

Difficulty: Easy

Servings: 6

Total time: 15 minutes

Ingredients

For the sauce mixture:

1 tablespoon toasted dark Asian sesame oil

1/4 teaspoon ground ginger

60 ml tamari

1 teaspoon red pepper flakes

2 tablespoons pure honey

For the beef stir fry:

75 g onion, chopped

450 g extra lean ground beef

3 tablespoons olive oil

5 cloves garlic, chopped

Optional garnishes:

green onions, thinly sliced

toasted sesame seeds

red pepper flakes

cooked jasmine rice

Nutrition Facts

	Amount per serving
Calories	250
Total Fat	14 g
Saturated Fat	3 g
Cholesterol	56 mg
Sodium	868 mg
Total Carbohydrate	12 g
Dietary fibre	1 g
Total Sugars	9 g
Protein	22 g
Vitamin D	3 IU
Calcium	25 mg
Iron	3 mg
Potassium	444 mg

Instructions

1. Add all the sauce ingredients to a bowl and mix well. Keep it aside.
2. Preheat oil in a skillet over medium-high flame.
3. Sauté garlic and onion for a few minutes, then add in ground beef. Stir-cook for 1 to 2 minutes, breaking up the beef into small bits.
4. Next, add in the prepared sauce mixture and stir until combined. Continue cooking until beef is cooked through and browned.
5. Serve over warm rice, garnish.

Notes: you can choose any garnishes for this recipe. If you want to make this dish vegan, you can use soy meat. Dip it into flour first and deep fry for a few minutes, then continue according to steps in this recipe.