



## Korean Beef Bulgogi Rice Bowls

**Gluten free, 8 servings**

Cook leftover rice until crisp on the bottom and serve it with stir-fried vegetables and sweet / savory marinated beef (bulgogi) to see why this Korean-inspired rice bowl is one of our favorites. Smarts: Top these bowls with a fried egg and you'll have another well-loved Korean dish called Bibimbap!

**Active** 25 min **Total** 45 min

### Beef Bulgogi

- Steak, sirloin or boneless ribeye - 2 lbs, thinly sliced (sub skirt or flank steak)
- Garlic - 4 cloves, chopped
- Ginger (opt) - 2 tsp, grated
- Tamari - 2/3 cup
- Brown sugar - 3 Tbsp
- Oil, toasted sesame - 4 tsp

### Korean Bulgogi Rice Bowls

- Green beans - 2 lbs, chopped into 1" / 2.5 pieces
- Mushrooms, shiitakes - 16 oz, chopped (sub button mushrooms)
- Limes - 2, wedges
- Oil, cooking - 2 Tbsp + 2 Tbsp
- Cooked rice (leftover from Monday) - ~4 cups
- Kimchi, for serving (opt) - 1/2 cup
- Gochujang, for serving - 4 Tbsp (sub hot sauce of choice)

### Prep

1. Chill beef - This step is optional, but will make the meat easier to slice. Put beef in the freezer for about 15 minutes so it is very cold but not frozen.
2. Marinate beef - Chop garlic and grate ginger (if using). Thinly slice steak against the grain. Combine garlic, ginger, Tamari, sugar and toasted sesame oil in a bowl. Add beef and marinate for at least 20 minutes and up to 2 days. (Can be done up to 2 days ahead)
3. Green beans - Chop into 1" / 2.5 pieces. (Can be done up to 5 days ahead)
4. Mushrooms / Limes - Prep as directed. (Can be done 1 day ahead)

### Make

1. [Optional step]: For crisp rice, heat a skillet with first part of cooking oil over medium heat. Spread rice out over heated oil and let it cook, without stirring, until golden brown and crisp on the bottom, 4 to 7 minutes. While rice cooks, continue with the next steps.
2. Heat a wok with the second part of cooking oil over medium-high. Add green beans and mushrooms and saute until green beans are cooked to your liking, 5 to 7 minutes. Add beef and marinade and cook until beef is cooked through and marinade is bubbling, 2 to 3 minutes more.
3. Serve beef and vegetables over rice. Enjoy with lime wedges, kimchi and Gochujang for topping at the table.

### Nutrition per Serving (4 Servings Total)

**Calories** 557 **Total Fat** 25g **Saturated Fat** 7g **Trans Fat** 0g **Cholesterol** 121mg  
**Sodium** 1667mg **Total Carbs** 41g **Dietary Fiber** 6g **Sugars** 9g **Protein** 43g

**COOKSMARTS**