

KOREAN BEEF AND RICE BOWLS

500 Calories | 34g Protein | 53g Carbs | 16g Fat
(Approximately 5 servings)



INGREDIENTS

Korean Beef

- 24 oz 96% ground beef
- 2 tsp sesame oil
- 1.5 tbsp minced garlic
- 30g brown sugar
- 80g soy sauce
- 20g gochujang
- 3 green onions

Rice

- 300g basmati rice (uncooked weight)
- Sesame seeds + green onion garnish

Low Calorie Siracha Mayo

- 90g low fat mayonnaise
- 50g siracha
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 2 tbsp milk or water

DIRECTIONS

1. **Siracha Mayo:** Mix all ingredients together and place to the side.
2. Put sesame seed oil, garlic, brown sugar, soy sauce and gochujang in a bowl and mix together to create the sauce.
3. Cook ground beef, drain excess fat.
4. Add the sauce to the ground beef and simmer until thickened.
5. Cook the rice according to instructions.
6. Place a serving of the rice in a bowl, top with beef.
 - a. Add sesame seeds and onion to garnish (optional).
 - b. Drizzle siracha mayo on top.