



Korean Beef and Rice Bowls

Macros: 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

Low Calorie Siracha Mayo

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

Rice

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

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 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