



Korean beef bowls

Chelsea Goodwin Author of \$10 Meals

30 minutes



Serves 4

INGREDIENTS

Sauce

- 3 tablespoons light soy sauce
- 1 tablespoon dark soy sauce
- 3–4 tablespoons brown sugar
- 1 teaspoon sesame oil
- 1/2–1 teaspoon sriracha

Stir-fry

- 1 tablespoon vegetable oil
- 3 cloves garlic, crushed
- 1 tablespoon finely grated ginger
- 500 g beef mince

Sriracha mayo

- 1/4 cup (75 g) mayonnaise
- 1–2 teaspoons sriracha, to taste

To serve

- steamed jasmine rice
- ½ continental cucumber, thinly sliced
- 1 large carrot, grated or julienned
- 4 fried eggs
- sliced green onions, sesame seeds and dried chilli flakes, for garnish



Afternoons

with Joel Rheinberger
on 936AM and the ABC listen app





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 Serves 4-5

DIRECTIONS

Prep

1. Start cooking the rice.
2. Combine the sauce ingredients in a bowl or jug. Mix and set aside.
3. Crush the garlic and grate the ginger. Slice the cucumber and grate or julienne the carrot.

Make the sriracha mayo (if not buying premade).

Cook

1. Heat a wok or large frying pan over high heat then add the oil.
2. When oil is hot, stir-fry the garlic and ginger for 10 seconds. Add the beef mince and cook for 5-7 minutes, breaking it up as it cooks, until mostly browned. Meanwhile, fry the eggs in a separate pan.
3. Give the sauce a quick stir and pour it into the pan. Stir to coat the beef and stir-fry for another couple of minutes. Taste and adjust the spice and sugar levels as desired.
4. Divide among bowls with the steamed rice, cucumber and carrot. Top with sliced green onions, sesame seeds and a fried egg, then sprinkle with chilli flakes. Drizzle the sriracha mayo over the top or serve on the side.



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