

Korean-Style Beef Bowls

Savory garlic-ginger beef spooned over warm rice with crisp matchstick carrots and cool cucumber.

15 min
PREP TIME

15 min
COOK TIME

4
SERVINGS

Ingredients

For the Beef

1 ½ lb	ground beef
4	garlic cloves, minced
1 tbsp	fresh ginger, grated
¼ cup	soy sauce
3 tbsp	brown sugar
2 tsp	sesame oil
½ tsp	red pepper flakes
1 tbsp	vegetable oil
3	green onions, sliced

For Serving

4 cups	cooked white rice
2	medium carrots, cut into matchsticks
1	medium cucumber, thinly sliced
1 tbsp	sesame seeds
—	extra green onions, for garnish

STORAGE

Beef keeps in an airtight container in the fridge for up to 4 days, making this an easy meal-prep option — reheat gently and assemble bowls fresh.

Instructions

- 1 Prep the vegetables**
Cut the carrots into thin matchsticks and slice the cucumber into rounds. Slice the green onions, keeping white and green parts separate.
- 2 Brown the beef**
Heat the vegetable oil in a large skillet over medium-high heat. Add the ground beef and cook, breaking it up with a spatula, until browned and cooked through, about 5-6 minutes. Drain excess fat if needed.
- 3 Build the sauce**
Add the garlic, ginger, and the white parts of the green onions to the skillet. Cook for 30 seconds until fragrant, then stir in the soy sauce, brown sugar, sesame oil, and red pepper flakes.
- 4 Simmer**
Let the beef mixture simmer for 3-4 minutes, stirring occasionally, until the sauce thickens slightly and coats the meat.
- 5 Assemble the bowls**
Divide the rice among bowls. Top with the beef, matchstick carrots, and sliced cucumber. Finish with sesame seeds and the reserved green onions.

Tip: For a more traditional bulgogi-style bowl, swap the ground beef for thinly sliced ribeye or sirloin and marinate it in the sauce for 20 minutes before searing.