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Sweet Korean Beef Bowl with Sesame Seeds

This dish is all about crispy, sizzling beef strips infused with the nuttiness of sesame seeds. To make sure you're getting the most out of your dish, really turn your pan up to 11- the hotter, the better. Make sure you cut them up as finely as you can as well to ensure that melt in your mouth deliciousness!



Prep: 15 mins

Cook: 20 mins

Total: 35 mins



level 1



lactose free



gluten free

Pantry Items



Water



Salt-Reduced Soy Sauce



Brown Sugar



Sesame Oil



Olive Oil



Jasmine Rice



Ginger



Garlic



Premium Beef Rump



Zucchini



Carrot



Brown Onion



Baby Spinach Leaves



Sesame Seeds

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QTY	Ingredients
2 packets	Jasmine rice, rinsed well
6 cups	water *
¼ cup	salt-reduced soy sauce *
1 knob	ginger, peeled & finely grated
2 cloves	garlic, peeled & crushed
1 tbs	brown sugar *
2 tsp	sesame oil *
1 steak	premium beef rump, sliced into 0.5 cm strips
1 tbs	olive oil *
1	zucchini, diced
1	carrot, peeled, washed & grated
1	brown onion, finely sliced
1 bag	baby spinach leaves, washed
1 sachet	sesame seeds

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2500	Kj
Protein	41.5	g
Fat, total	14.9	g
-saturated	4.1	g
Carbohydrate	71.7	g
-sugars	8.7	g
Sodium	290	mg



You will need: *chef's knife, chopping board, sieve, fine grater, garlic crusher, medium saucepan, large non-metallic bowl, large wok or saucepan, wooden spoon and plate.*

1 Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes**, or until the rice is soft. Drain.



2 In a large non-metallic bowl, combine the **salt-reduced soy sauce**, **ginger**, **garlic**, **brown sugar**, **sesame oil** and the **premium beef rump** strips. Toss to coat the strips in the marinade.

Tip: If you have time, allow the beef to sit, covered, for **10-15 minutes** to marinate.



3 Heat the **olive oil** in a large wok or saucepan over a high heat. Add the beef strips and cook for **1-2 minutes**, or until brown. Set aside on a plate. Add the **zucchini**, **carrot** and **brown onion** to the wok. Cook for a further **2-3 minutes**, or until just softened. Pour the meat back into the pan with the remaining marinade. Cook for **1 minute**, or until combined. Stir through the **baby spinach** until wilted. Remove the wok from the heat.

4 To serve, spoon the Jasmine rice into bowls. Top with the Korean beef and **sesame seeds**. Enjoy!



Did you know? The sesame plant is considered a “survivor crop” because it can withstand drought and keep growing.