

Plate Dream

Korean Ground Beef Bowl

Simple, flavorful Korean beef bowl served over rice, ready in under 30 minutes.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Korean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (80/20)
- [ ] 1 cup uncooked short-grain rice
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp gochujang (Korean chili paste)
- [ ] 1 tbsp brown sugar
- [ ] 1 tsp sesame oil
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated
- [ ] 1 tbsp rice vinegar
- [ ] 1 tbsp vegetable oil
- [ ] 2 green onions, sliced
- [ ] 1 tsp toasted sesame seeds

Optional Garnish

- [ ] Thinly sliced cucumber
- [ ] Shredded carrots

Instructions

1. Start the rice; rinse until water runs clear, then cook according to package instructions.
2. Heat oil in a large skillet over medium-high heat, add minced garlic and ginger, sauté for 30 seconds until fragrant.
3. Add ground beef, breaking it up with a spatula; cook until browned, about 5-6 minutes.
4. Stir in soy sauce, gochujang, brown sugar, and rice vinegar; let the mixture simmer 2-3 minutes, allowing the sauce to thicken.
5. Finish with sesame oil, sprinkle sesame seeds and green onions, then remove from heat.
6. Serve the beef over a bed of steamed rice; add optional cucumber or carrot ribbons for crunch.

Nutrition per serving

420 kcal	24 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash of water or extra vinegar.
- For extra depth, toast the sesame seeds beforehand.
- Leftovers reheat better with a lid to keep moisture in.