

# Korean Beef Bowls

WITH RICE AND VEGETABLES

4 SERVINGS

20 MINUTES



## INGREDIENTS

1 1/2 tsp sesame oil  
1 1/2 tsp lime juice  
1 1/2 Tbsp sugar (light or dark)  
3 Tbsp soy sauce  
1 1/2 Tbsp honey  
2 Tbsp water  
500g 5% fat beef mince  
1 Tbsp minced garlic  
1 Tbsp minced ginger  
Chopped spring onions  
2 cups cooked white rice  
Grated carrot  
Steamed veggies, such as broccoli, long fine beans, baby corn

## DIRECTIONS

- 1.If you are making boiled rice, start this first and have it cooking before you begin.
- 2.In a small bowl or measuring jug, whisk together the sesame oil, lime juice, sugar, soy sauce, honey, and water.
- 3.In a saucepan, cook the mince on high until entirely brown and cooked through.
- 4.Pour the honey mixture. Reduce the heat and let simmer, stirring for 1 minute.
- 5.Serve over rice and sprinkle with spring onions and carrots if desired. Serve with vegetables on the side.

Note: We double our ingredients. We're a hungry family of four!

