

Korean Flavor Rice Bowl

INGREDIENTS

- 4 tablespoons soy sauce
- 2 tablespoon mirin
- 1 tablespoon gochujang, Korean chili paste
- 2 tablespoons sugar
- black pepper, to taste
- pinch of salt, to taste
- 1 green onion, finely sliced, whites and greens separated
- 5 cloves garlic, finely chopped
- 2 inch knob fresh ginger, grated
- 1 medium onion, finely chopped
- 1 pound ground beef
- 2-3 tablespoons cooking oil, divided
- 2 cups shredded carrots
- 1 medium zucchini, cut into ribbons or noodles
- 1 tablespoon sesame seeds
- 4 cups cooked jasmine rice

DIRECTIONS

1. In a large bowl, mix together soy sauce, mirin, gochujang, sugar, pepper, and salt. Stir until sugar is dissolved.
2. Stir in whites from green onions, chopped garlic, grated ginger, chopped onion, ground beef and mix well. Let sit for 15-20 minutes as you prepare the other items.
3. Heat a large skillet or wok over medium-high heat. Add 1 tablespoon oil, shredded carrots, and salt to taste. Cook for 5-6 minutes, until slightly tender. Transfer carrots to small serving bowl.
4. To the hot skillet, add about 1 tablespoon oil, zucchini ribbons, and salt to taste. Cook for 5-6 minutes until slight tender. Transfer zucchini to another small serving bowl.
5. If needed, add more oil to the hot skillet and the marinated beef. Cook for 8-10 minutes until cooked through, stirring occasionally to break up the meat. Transfer to medium serving bowl.
6. Garnish cooked beef with sesame seeds and sliced greens from green onions.
7. Serve with cooked rice, pickled cucumbers, and spicy cream drizzle.



Quick Pickled Cucumbers

INGREDIENTS

- 2 teaspoons salt
- 2 tablespoons sugar
- 1 tablespoon Korean chili flakes, to taste
- 1/4 cup rice vinegar
- 1 teaspoon toasted sesame oil
- 1 teaspoon sesame seeds
- 4-6 mini cucumbers or 1 seedless cucumber, sliced

DIRECTIONS

1. In a medium bowl, stir together all ingredients except cucumber. Mix until sugar is dissolved.
 2. Add sliced cucumbers to the bowl and toss to coat.
 3. Let sit for 10-20 minutes before serving.
- These can be made in advanced to deepen the flavor and stored in the fridge for up to 7 days.

Spicy Cream Sauce

INGREDIENTS

- 1 tablespoon gochujang or sriracha
- 1/2 cup plain yogurt or sour cream
- 1 tablespoon water, if needed

DIRECTIONS

1. Mix together gochujang and yogurt, until combined.
2. If needed, thin with a little water until it is a drizzling consistency.

