

Korean Beef Bowl Meal Prep

INGREDIENTS:

- 1 cup brown rice
- 4 large eggs
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 4 cups chopped spinach or kale
- For the Korean beef:
- ¼ cup brown sugar, packed
- ¼ cup reduced sodium soy sauce
- 1 tablespoon freshly grated ginger
- 2 teaspoons sesame oil
- ½ teaspoon Sriracha or hot sauce, or more to taste
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 pound ground beef
- 2 green onions, thinly sliced
- ¼ teaspoon sesame seeds

DIRECTIONS:

1. In a large saucepan filled with 2 cups of water, cook rice according to package instructions; set aside.
2. Place eggs in a large saucepan and cover with cold water by 1 inch. Bring to a boil and cook for 1 minute. Cover eggs with a tight-fitting lid and remove from heat; set aside for 8-10 minutes. Drain well and let cool before peeling and slicing in half. If using a pressure cooker, or electric Instant Pot, 1 cup water for 6 minutes.
3. Heat olive oil in a large skillet over medium high heat. Add garlic and cook, stirring frequently, until fragrant, about 1-2 minutes. Stir in spinach until wilted, about 2-3 minutes; set aside.
4. In a small bowl, whisk together brown sugar, soy sauce, ginger, sesame oil and Sriracha.
5. Heat olive oil in a large skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
6. Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through, about 2 minutes.
7. Place rice, eggs, spinach and ground beef mixture into meal prep containers, garnished with green onion and sesame seeds, if desired.

Yield: 6 Meals

Adapted from: damndelicious.net



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