



Fast! Korean Beef Rice Bowl

with Cucumber-Sesame Salad



ca. 20min



2 Servings

Speedy and delicious, we love the ease of this Korean-style rice bowl. Here we simmer ground beef and onions in a sweet and spicy sauce made with gochujang, brown sugar, and tamari. We top aromatic jasmine rice with the beef, soaking up the warming sauce, and crisp sesame-marinated cucumbers alongside adding a cooling crunch to every bite. Your taste buds won't believe this meal came together in 20 minutes!

What we send

- 5 oz jasmine rice
- 1 yellow onion
- 10 oz pkg grass-fed ground beef
- 1 cucumber
- 2 (½ oz) toasted sesame oil ¹¹
- 2 oz tamari soy sauce ⁶
- ¼ oz fresh cilantro
- 2 (1 oz) gochujang ⁶
- 2 oz dark brown sugar
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

- small saucepan
- medium skillet

Allergens

Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 930kcal, Fat 38g, Carbs 95g, Protein 36g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



4. Marinate cucumbers

Meanwhile, halve **cucumber**, scoop out and discard seeds, and thinly slice. In a medium bowl, combine **sesame oil**, **2 teaspoons tamari**, **½ teaspoon vinegar**, and **¼ teaspoon each of salt and sugar**. Add cucumbers and toss to combine; set aside to marinate until step 6.

Coarsely chop **cilantro leaves and stems**.



2. Prep onion

Meanwhile, halve **onion** and cut one half into ¼-inch pieces (save rest for own use).



5. Build sauce

To skillet with **beef**, add **⅓ cup water** and bring to a simmer, scraping up bits from the bottom. Stir in **2 tablespoons gochujang** (or more depending on heat preference), **2 tablespoons brown sugar**, **1 tablespoon tamari**, and **¼ teaspoon vinegar**.

Cook, stirring, until sauce is reduced and coats meat, 1-2 minutes. Season to taste with **salt and pepper**.



3. Cook beef

Heat **1 tablespoon neutral oil** in a medium skillet over medium-high. Add **onions** and **ground beef**; cook, breaking beef up into smaller pieces, until browned and cooked through, 6-8 minutes.



6. Finish & serve

Thin **remaining gochujang** with **1 teaspoon water**.

Fluff **rice** with a fork and spoon into bowls. Top with **marinated cucumbers** and **beef**. Garnish with **sesame seeds** and **cilantro**. Drizzle **beef** with **remaining gochujang**, if desired. Enjoy!