

DINNERLY



Korean Beef Quinoa Bowl with Gochujang & a Perfect Fried Egg



30-40min



2 Servings

Ever gaze at a beautiful bowl of fluffy quinoa and imagine the endless possibilities? Okay, maybe that's just an us thing. This time, we explored big, bold Korean flavors with marinated beef, sautéed carrots and spinach, and a crispy fried egg. Top it all off with a spicy sauce made with gochujang, a savory and sweet fermented chili paste that packs a serious flavor punch. We've got you covered!

WHAT WE SEND

- 3 oz white quinoa
- 10 oz pkg grass-fed ground beef
- 1 oz gochujang ²
- 1 bag carrots
- 5 oz baby spinach
- ¼ oz pkt toasted sesame seeds ³

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- sugar
- white wine vinegar (or apple cider vinegar)
- neutral oil
- 2 large eggs ¹

TOOLS

- small saucepan
- medium nonstick skillet

ALLERGENS

Egg (1), Soy (2), Sesame (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

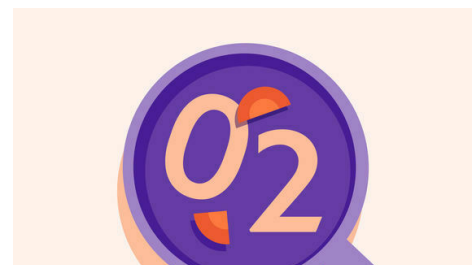
NUTRITION PER SERVING

Calories 820kcal, Fat 46g, Carbs 46g, Protein 43g



1. QUINOA VARIATION

In a small saucepan, combine **quinoa**, $\frac{3}{4}$ **cup water**, and $\frac{1}{2}$ **teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15–20 minutes. Keep covered off heat until ready to serve.

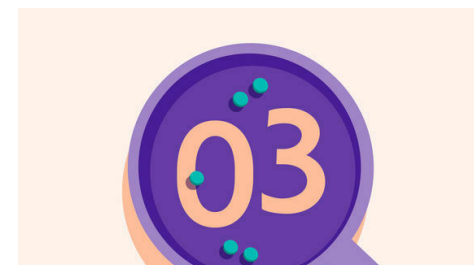


2. Prep ingredients

Finely chop **1 teaspoon garlic**. In a medium bowl, combine **ground beef**, **1 teaspoon each of sugar, vinegar and oil**, and $\frac{1}{2}$ **teaspoon each of chopped garlic and gochujang**. Set aside until step 4.

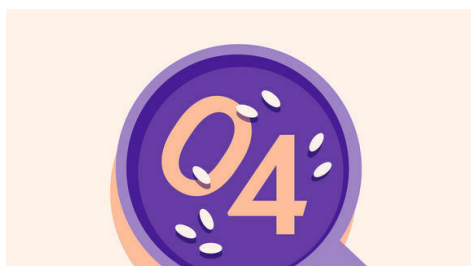
Halve **carrot** lengthwise, then cut into thin half-moons.

In a small bowl, combine **remaining gochujang**, **1 tablespoon water**, **2 teaspoons sugar**, and **1 teaspoon vinegar**.



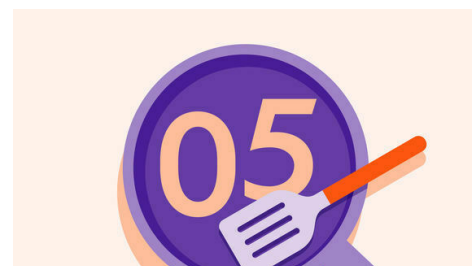
3. Cook vegetables

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **carrots** and **a pinch each of salt and pepper**; cook, stirring occasionally, until browned and just tender, 3–5 minutes. Add **spinach** and **remaining chopped garlic**. Cook, stirring, until wilted, about 1 minute. Transfer to a plate. Cover to keep warm.



4. Cook beef

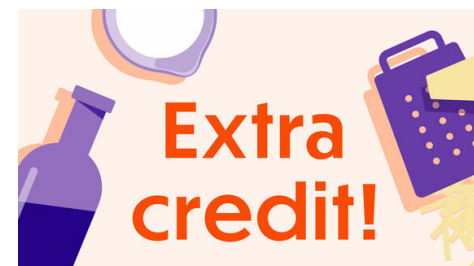
Heat **1 tablespoon oil** in same skillet over high. Add **beef** and **any marinade** from bowl. Break up into large 2-inch pieces, then cook without stirring until liquid is evaporated and meat is well browned on the bottom, 2–3 minutes. Stir and continue to cook until just cooked through, 2–3 minutes more. Transfer to plate with **veggies**. Wipe out skillet.



5. Cook egg & serve

Heat **2 tablespoons oil** in same skillet over high. Crack in **2 large eggs**; season with **salt** and **pepper**. Cook until edges begin to brown and whites are just set, 1 minute. Cover skillet; cook 1 minute more, or until edges are crispy and yolks still runny.

Serve **quinoa** topped with **beef, veggies, and eggs**. Drizzle with **sauce** and sprinkle with **sesame seeds**. Enjoy!



6. Add some heat

If you're like us and like to add spice to (all) your food, drizzle some sriracha over top or add some crushed red pepper flakes when cooking the vegetables.