

Zucchini Bread Recipes

Korean Ground Beef Bowl

Savory ground beef with Korean flavors, veggies, and rice for a fast, satisfying dinner.

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Korean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (80% lean)
- [ ] 2 cups cooked short-grain rice
- [ ] 1 carrot, julienned
- [ ] 3 scallions, sliced
- [ ] 1 tsp toasted sesame seeds

For the Sauce

- [ ] 3 tbsp soy sauce
- [ ] 2 tbsp honey
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp sesame oil
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated
- [ ] ¼ cup water
- [ ] Pinch of black pepper

Instructions

1. Heat a large skillet over medium-high heat; add the ground beef and cook, breaking it up, until browned and cooked through, about 5-6 minutes.



2. Stir in the minced garlic and grated ginger; sauté for 30 seconds until fragrant, then pour in the sauce ingredients and water. Let the mixture simmer, stirring, until it thickens slightly, about 3-4 minutes.



3. Add the julienned carrot to the skillet and toss for 1-2 minutes, just until it brightens while staying crisp.



4 Divide cooked rice among bowls, top with the savory beef mixture, then garnish with sliced scallions, sesame seeds, and a drizzle of sesame oil.



5 Serve immediately, perhaps alongside a refreshing cucumber salad for contrast.



Nutrition per serving

420 kcal	22 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce becomes too thick, add a splash more water.
- For extra depth, sprinkle a little toasted seaweed flakes before serving.
- Feel free to swap carrots for thinly sliced zucchini for seasonal variation.