

Beef Bulgogi Bowls with Carrots, Pickled Cucumber, and Sriracha Crema over Jasmine Rice

Description:

If you can't get enough of Asian-inspired flavors, bulgogi is sure to leave you satisfied. This Korean dish centers around beef in a sesame and soy sauce marinade with a little bit of sweetness. But the meat is just one out of many highlights: there's also crisp quick-pickled cucumbers, tender carrots, and a spicy sour cream, all over fluffy white rice—clearly, it's jam-packed and has a little bit of something for everyone.

Servings: 2

Nutrition Information (per serving):

Calories	Protein	Carbs	Fat	Sugar	Sodium	Fiber
830.0 kcal	32.0 g	86.0 g	40.0 g	39.0 g	440.0 mg	3.0 g

Ingredients:

0.5 cup	Jasmine Rice
2	unit Scallions
5 teaspoon	White Wine Vinegar
1	unit Cucumber
4 ounce	Shredded Carrots
10 ounce	Ground Beef
1 tablespoon	Sesame Seeds
4 ounce	Bulgogi Sauce
4 tablespoon	Sour Cream
1 teaspoon	Sriracha
0.5 teaspoon	Sugar

2 teaspoon	Vegetable Oil
1 tablespoon	Butter
	Salt
	Pepper

Instructions:

STEP 1

Wash and dry all produce. In a small

STEP 2

pot, combine rice, $\frac{3}{4}$ cup water, ($1\frac{1}{2}$

STEP 3

cups for 4 servings), and a pinch of salt.

STEP 4

Bring to a boil, then cover and reduce to

STEP 5

a low simmer. Cook until rice is tender,

STEP 6

15-18 minutes. Keep covered off heat

STEP 7

until ready to serve. Meanwhile, trim and

STEP 8

thinly slice scallions, separating whites

STEP 9

from greens.

STEP 10

In a medium bowl, combine half

STEP 11

the vinegar, $\frac{1}{2}$ tsp sugar (1 tsp for 4

STEP 12

servings), and a pinch of salt. Trim ends

STEP 13

from cucumber. Using a peeler, shave

STEP 14

cucumber lengthwise into ribbons, rotating

STEP 15

as you go, until you get to the seedy core;

STEP 16

discard core. Toss ribbons into bowl with

STEP 17

vinegar mixture. Set aside to pickle, tossing

STEP 18

occasionally, until ready to serve.

STEP 19

Heat a drizzle of oil in a large,

STEP 20

preferably nonstick, pan over medium-high

STEP 21

heat. Add carrots and cook,

STEP 22

stirring, until just tender, 1 minute.

STEP 23

Season with salt and pepper. Turn off

STEP 24

heat; transfer to a plate.

STEP 25

Heat another drizzle of oil in

STEP 26

same pan over medium-high heat. Add

STEP 27

scallion whites and cook until fragrant,

STEP 28

30-60 seconds. Add beef and a pinch

STEP 29

of salt and pepper. Cook, breaking up

STEP 30

meat into pieces, until browned and

STEP 31

cooked through, 5-7 minutes. Stir in

STEP 32

half the sesame seeds and remaining

STEP 33

vinegar. Cook 30 seconds, then stir in

STEP 34

bulgogi sauce. Bring to a simmer, then

STEP 35

immediately turn off heat. Season again

STEP 36

with salt and pepper.

STEP 37

Meanwhile, in a small bowl,

STEP 38

combine sour cream and sriracha to

STEP 39

taste. Stir in water 1 tsp at a time until

STEP 40

mixture reaches a drizzling consistency.

STEP 41

Season with salt.

STEP 42

Fluff rice with a fork. Stir in 1

STEP 43

TBSP butter (2 TBSP for 4 servings)

STEP 44

and season with salt and pepper;

STEP 45

divide between bowls. Arrange beef,

STEP 46

carrots, and pickled cucumber on

STEP 47

top. (TIP: Drain any excess liquid from

STEP 48

cucumber before adding.) Drizzle crema

STEP 49

over everything. Garnish with scallion

STEP 50

greens and remaining sesame seeds.

Recipe archived from HelloFresh:

<https://www.hellofresh.com/recipes/ground-beef-bulgogi-bowls-5da0c84c2316237d066314c2>

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