



Korean Beef Bowl with Carrots, Spinach, and Brown Rice

Total Time: 30-40 minutes

Calories per Serving: 650

Serves: 2 people

Autumn has arrived, which can only mean it's time to cue foods served in bowls. With its bold seasoning, medley of veggies, and flavorful beef, this one tastes just like Korean barbecue. Yum!

USDA recommends cooking beef to 145° F.



1. Marinate Beef

Bring a medium pot of water to a boil over high heat. Pat **beef** dry with paper towel. In a large shallow bowl or resealable plastic bag, combine **soy sauce**, as much **gochujang** as desired, and **1 tablespoon brown sugar** (see Recipe Tip). Add **beef** and turn to coat. Set aside to marinate at room temperature for about 10 minutes.



4. Sauté Spinach

Heat **1½ tablespoons sesame oil** in a large pan over medium heat. When oil is shimmering, add **garlic** and cook, stirring, until fragrant, about 1 minute. Stir in **spinach** and sauté until just wilted, 2-3 minutes more. Taste and add **salt** and **pepper** as needed. Transfer to a plate and set aside.



2. Cook Rice

While beef marinates, add **rice** and a **generous pinch salt** to pot of boiling water and cook until tender, about 10 minutes. Drain and return to pot, off heat.



5. Sear Beef

Remove **beef** from marinade, reserving. Season all over with **¼ teaspoon kosher salt**. Wipe pan from spinach clean and add **1 tablespoon canola oil** over medium-high heat. When oil is shimmering, add **beef** in a single layer and sear, flipping halfway through, until browned on 2 sides and medium rare, about 2 minutes total (see Recipe Tip). Stir in **reserved marinade** and cook until sticky, 2-3 minutes more. Remove pan from heat.



3. Prepare Ingredients

While rice cooks, mince **garlic**. Rinse **spinach**. Rinse **scallions** and thinly slice. In a medium bowl, whisk together **rice wine vinegar** and **remaining brown sugar**. Add **carrots** and toss to coat. Set aside to pickle until ready to use.



6. Plate Beef

Drain **carrots**, discarding pickling liquid. Add **remaining sesame oil** to pot with rice and stir to combine. Serve with *all the things*: **kimchi**, **beef**, **spinach**, and **pickled carrots**. Garnish with **scallions** and dig in!

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Q- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Gochujang is spicy, so use only as much as desired depending on your spice preference.

Only sear your beef on 2 sides and keep it medium rare since it will continue to cook with the reserved marinade.

◊- INGREDIENTS

- 10 ounces cubed beef
- 3 tablespoons soy sauce (gluten-free)
- 1 teaspoon gochujang
- 1½ tablespoons light brown sugar, divided
- ¾ cup brown rice
- 1 clove garlic
- 5 ounces baby spinach
- 2 scallions
- ½ cup rice wine vinegar
- 1 cup shredded carrots
- 2 tablespoons sesame oil, divided
- 1 cup kimchi

¶- YOU'LL NEED

- 8" medium pot
- large resealable plastic bag (optional)
- 12" large pan
- 1 tablespoon canola oil
- kosher salt
- black pepper

We're proud to send you beef raised without antibiotics or added hormones.