

Spicy Bibimbap-Style Cauliflower Stir-Fry with Beef, Veggies & Eggs



30 minutes | 2 servings

Find cookware

[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater or food processor](#)
[mixing bowls](#)
[nonstick skillet](#)
[slotted spoon](#)
[small saucepan](#)
[spatula](#)
[stirring spoon](#)
[vegetable peeler](#)
[whisk or fork](#)

Grab ingredients

½ (5 oz) pkg	baby spinach
1 medium	carrot
½ medium head	cauliflower
¼ lb	cremini mushrooms
2	eggs
2 cloves	garlic
1 (1 inch) piece	ginger root
½ small bunch	green onions (scallions)
¾ lb	lean ground beef
2 tbsp	tomato paste
	crushed red pepper
	pure maple syrup
	rice vinegar
	sesame seeds
	soy sauce
	toasted sesame oil

Cook & enjoy

- 1 Place eggs in a small saucepan, cover with water, and bring to a boil. Reduce heat to a simmer and cook for 4 minutes. Drain hot water and add ice or run under cold water to cool.
2 eggs
- 2 Meanwhile, wash and dry the fresh produce. (Skip the spinach if it came pre-washed.)
½ medium head cauliflower
¼ lb cremini mushrooms
1 medium carrot
½ (5 oz) pkg baby spinach
1 (1 inch) piece ginger root
½ small bunch green onions (scallions)
- 3 Preheat a skillet over medium-high heat.
- 4 Once the skillet is hot, add ground beef and cook, breaking apart with a spoon, until browned and cooked through, 3-4 minutes. Remove skillet from the heat and, using a slotted spoon, transfer beef to a plate and set aside.
¾ lb lean ground beef
- 5 Meanwhile, cut the cauliflower head into quarters, then trim off and discard the leaves and thick stem. Using a box grater or food processor, coarsely grate the cauliflower and place in a medium bowl.
- 6 Thinly slice mushrooms and add to the bowl with the cauliflower.
- 7 Peel, trim, and coarsely grate carrot; add to the bowl.

- 8 Return the skillet (with leftover cooking juices) to medium-high heat, add oil, and swirl to coat the bottom. Add veggies and stir to combine.

1 tsp toasted sesame oil

- 9 Add spinach to the skillet in handfuls, waiting for the spinach to wilt slightly before adding the next handful. Once all the spinach has wilted, flatten the veggie mixture in an even layer and cook, without stirring, until a brown crust forms on the bottom, about 5 minutes.

- 10 Meanwhile, peel and mince the garlic and ginger.

2 cloves garlic

- 11 Trim green onions and cut crosswise into 1/4-inch pieces.

- 12 Place garlic, ginger, onions, tomato paste, vinegar, oil, maple syrup, soy sauce, sesame seeds, and crushed red pepper in the bowl used for the veggies. Whisk to combine the sauce.

2 tbsp tomato paste

1 tbsp rice vinegar

1 tbsp toasted sesame oil

1 tbsp pure maple syrup

1 tbsp soy sauce

1/2 tsp sesame seeds

1/4 tsp crushed red pepper

- 13 Drizzle sauce over the veggies, stir to combine, cover, and cook until the veggies are tender, 3-4 minutes.

- 14 Return beef to the skillet, stir to combine and continue to cook, until heated through, 1-2 minutes.

- 15 Meanwhile, peel and halve the eggs.

- 16 To serve, divide stir-fry between bowls or plates and top with eggs. Enjoy!