



KOREAN-STYLE RICE BOWLS WITH GROUND BEEF

INGREDIENTS

Ingredients:

- 1 TBSP Vegetable Oil
- 1 lb 90% Lean Ground Beef
- 1 bunch Green Onions, small-diced and whites separated from green tops
- 1 TBSP Wok this Way Seasoning
- *2 large handfuls of Baby Spinach, rough-chopped

For the sauce: Mix together in a bowl

- 2 TBSP Soy Sauce
- 2 TBSP Brown Sugar
- 1 TBSP Wok this Way
- 2 tsp Sesame Oil
- ¼ Cup Water

For the Topping:

- 4 Fried eggs cooked Over-Easy

INSTRUCTIONS

1. In a large skillet over medium heat, brown the meat in vegetable oil.
2. Break up the meat into larger chunks, not fine like taco meat.
3. Add white parts of green onions and cook for 2-3 minutes.
4. Add 1 TBSP Wok this Way and spinach and stir throughout until spinach is just wilted.
5. Add the sauce ingredients while stirring. Bring to a simmer and shut off heat.
6. Meanwhile, fry 4 eggs. For firmer yolks, lower heat in the pan and cover for a couple of minutes until yolk firms up a bit.
7. Assemble into bowls with white rice at the bottom, the meat mixture, fried egg and garnished with remaining green onions.

SERVINGS: 6

Notes:

Cook 2 cups of white rice to yield enough for 6 servings.

