

Helergon Kitchen

Korean Ground Beef Bowl – Easy Weeknight Dinner

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Korean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (80/20)
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp brown sugar
- [ ] 1 tbsp rice vinegar
- [ ] 2 tsp sesame oil
- [ ] 1 tsp gochugaru (optional for heat)
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated
- [ ] 1 carrot, thinly sliced
- [ ] 1 small zucchini, half-moon sliced
- [ ] 2 green onions, sliced
- [ ] 1 cup cooked rice
- [ ] 1 tsp toasted sesame seeds

Instructions

1. Heat a large skillet over medium-high heat, add the beef, and season lightly with salt; cook, breaking it up, until browned, about 5-6 minutes.
2. Stir in garlic and ginger, letting them sizzle for 30 seconds, then pour in soy sauce, brown sugar, vinegar, and gochugaru; simmer 2 minutes until fragrant.
3. Add carrot slices first, sauté 2 minutes, then toss in zucchini and green onions; cook until vegetables are just tender, about 3-4 minutes.
4. Drizzle sesame oil, sprinkle sesame seeds, and remove from heat. Spoon the mixture over warm rice and serve immediately.
5. For a refreshing side, pair with a quick cucumber salad – check out the Asian cucumber recipe for a bright complement.

Nutrition per serving

420 kcal	28 g	35 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using lean beef, add a splash of oil to prevent sticking.
- Adjust sweetness by varying brown sugar to suit your palate.
- Feel free to swap zucchini for bell peppers for extra color.