

Sweet and Spicy Korean Beef Bowls You Can Make in 25 Minutes

Flavorful Korean Ground Beef Bowl with Sweet and Savory Sauce



TIME
25 min

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INGREDIENTS

- 1 pound ground beef
- 2 tablespoons sesame oil
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1/4 cup soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon rice vinegar
- 1 tablespoon gochujang
- 1 teaspoon sesame seeds
- 1/4 teaspoon black pepper
- 1/2 cup green onions, sliced
- 2 cups cooked rice, white or brown
- Optional garnish: sliced cucumber, kimchi, extra sesame seeds

DIRECTIONS

1. Heat the sesame oil in a large skillet over medium-high heat.
2. Add the ground beef and cook, breaking it apart with a spoon, until browned and fully cooked, about 5 to 7 minutes.
3. Stir in the minced garlic and grated ginger. Cook for 1 to 2 minutes, just until fragrant.
4. Add the soy sauce, brown sugar, rice vinegar, gochujang, sesame seeds, and black pepper. Stir well to combine.
5. Let the mixture simmer for 2 to 3 minutes so the sauce thickens slightly and coats the beef.
6. Remove from the heat.
7. Spoon cooked rice into bowls and top with the : Korean ground beef mixture.
8. Finish with sliced green onions and any optional garnishes like cucumber, kimchi, or extra sesame seeds.

SWAPS & NOTES

Ground beef is classic here, but ground turkey or ground chicken also work well if you want a lighter option.

For a deeper flavor, use lean ground beef with just enough fat to stay juicy while cooking.

If you are sensitive to spice, start with a little less gochujang and build from there.

On the other hand, if you love heat, an extra spoonful will make the sauce even bolder.

TIPS FOR SUCCESS

The key to getting the best flavor is letting the beef brown well before adding the sauce.

A little caramelization adds richness and makes the final dish taste more developed.

Avoid overcrowding the pan or stirring constantly right away.

Once the sauce goes in, do not rush the simmer.

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