

Treasure Barrel

Korean Ground Beef Bowl

Savory Korean ground beef over rice with aromatic spices and fresh toppings.

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 (85% lean)
- [ ] 2 cups cooked short-grain rice
- [ ] 1 medium onion, finely diced
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp gochujang
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp honey
- [ ] 1 tsp sesame oil
- [ ] 1 tbsp rice vinegar
- [ ] 2 tsp toasted sesame seeds
- [ ] 2 scallions, thinly sliced

Instructions

1. Heat a large skillet over medium-high heat; add the ground beef, breaking it apart, and cook until browned, about 5-6 minutes.
2. Add the diced onion and garlic; sauté until softened and fragrant, about 2 minutes.
3. Stir in gochujang, soy sauce, honey, rice vinegar, and sesame oil; let the mixture bubble gently, coating the meat in a glossy sauce.
4. Fold in the cooked rice, tossing to evenly distribute the sauce; cook another 2 minutes so the rice absorbs the flavor.
5. Remove from heat; garnish with toasted sesame seeds and sliced scallions before serving.

Nutrition per serving

420 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash of water or broth.
- For extra crunch, add a handful of shredded carrots or bean sprouts.
- Adjust sweetness by adding a bit more honey if you prefer a milder heat.