

Korean Barbecue Beef Bowl

Meal time: Dinner

Meal course: Main

Meal type: Meat

County of origin: South Korea

Difficulty: Easy

Servings: 6

Total time: 15 minutes

Ingredients

For the sauce mixture:

1 tablespoon toasted dark Asian sesame oil

1/4 teaspoon ground ginger

60 ml tamari

1 teaspoon red pepper flakes

2 tablespoons pure honey

For the beef stir fry:

75 g onion, chopped

450 g extra lean ground beef

3 tablespoons olive oil

5 cloves garlic, chopped

Optional garnishes:

green onions, thinly sliced

toasted sesame seeds

red pepper flakes

cooked jasmine rice

Nutrition Facts

	Amount per serving
Calories	250
Total Fat	14 g
Saturated Fat	3 g
Cholesterol	56 mg
Sodium	868 mg
Total Carbohydrate	12 g
Dietary fibre	1 g
Total Sugars	9 g
Protein	22 g
Vitamin D	3 IU
Calcium	25 mg
Iron	3 mg
Potassium	444 mg

Instructions

1. Preheat olive oil in a skillet.
2. Mix together pepper, salt, thyme, and purpose flour in a shallow dish.
3. Dredge chicken with flour on both sides, then place in hot skillet. Sear chicken until golden brown, each side for about 3 minutes. Once done, remove to a plate.
4. Add Prosciutto with reserved drippings and oil. Sear until golden brown.
5. Add 3 tablespoons butter to a pan and allow to melt. Then add in 3 minced cloves of garlic and sliced shallot and cook until translucent.
6. Next, add in sliced mushrooms and cook until water released. Season with pepper and salt.
7. Deglaze pan with Marsala wine, scraping down the bit from bottom. Simmer the wine until reduced by half. Then pour in chicken stock.
8. Add in heavy cream, stir and adjust the seasonings, if desired.
9. Transfer chicken back to the pan and cook until warm through.
10. Garnish with fresh parsley.

Notes: you can choose any garnishes for this recipe. If you want to make this dish vegan, you can use soy meat. Dip it into flour first and deep fry for a few minutes, then continue according to steps in this recipe.