



Korean Beef Bowls (adapted from The Splendid Table)

Makes 3-4 servings

Ingredients

- 1 Tbsp toasted sesame oil
- 1 Tbsp avocado oil
- 1 lb lean ground beef
- 3 cloves minced garlic (I chopped mine by hand)
- 1 Tbsp peeled, minced fresh ginger root
- ¼ tsp hot pepper flakes (use more if you love spicy)
- 2 Tbsp dark brown sugar
- ¼ cup tamari sauce
- 4 cups thinly sliced Napa cabbage
- 2 thinly sliced scallions for garnish
- 2 Tbsp toasted sesame seeds to garnish the top

Instructions

Heat a cast-iron skillet over high heat for four minutes. Add the oils and swirl around until they are very hot. Add the ground beef and press it with a spatula into a thinner, even layer. Let it cook without stirring or bothering it for five minutes so that the edges become dark brown and crispy.

Add the garlic, ginger and hot pepper flakes and stir to break up the meat, and cook another three minutes until it is mostly cooked through.

Sprinkle the top with the brown sugar and add the tamari sauce, stir and cook for another half minute. Add the sliced cabbage, stir and cook a couple of minutes until the cabbage wilts a bit.

Spoon into lettuce cups or over rice and garnish each serving with sesame seeds and sliced onions.