



Excerpted from [DAMN DELICIOUS MEAL PREP: 115 Easy Recipes for Low-Calorie, High-Energy Living](#).  
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## KOREAN MEAL PREP BEEF BOWLS

### PREP TIME:

20 MINUTES

### COOK TIME:

20 MINUTES FOR WHITE RICE,  
40 MINUTES FOR BROWN RICE

### TOTAL TIME:

40 MINUTES TO 1 HOUR

### YIELD:

4 SERVINGS

2/3 cup white or brown rice  
4 medium eggs  
1 tablespoon olive oil  
2 cloves garlic, minced  
4 cups chopped spinach

### KOREAN BEEF

3 tablespoons packed brown sugar  
3 tablespoons reduced sodium soy sauce  
1 tablespoon freshly grated ginger  
1 1/2 teaspoons sesame oil  
1/2 teaspoon sriracha (optional)  
2 teaspoons olive oil  
2 cloves garlic, minced  
1 pound ground beef  
2 green onions, thinly sliced (optional)  
1/4 teaspoon sesame seeds (optional)

I traveled to Korea this past year doing my personal version of [Eat, Pray, Love](#), a journey from a [movie](#) that I actually have never seen. BUT. That's not the point. I made it to Korea and I completely fell in love with the cuisine all over again. It's no wonder that Korean BBQ restaurants are popping up all over the place in the U.S.—the food is pretty darn good. And no, I'm not biased because I'm a Korean-American. Well, maybe a little!

A Korean staple is their Korean beef. The classic consists of a bowl of rice, beef, and side dishes to accompany it. This meal prep is just that, with a few tweaks to make it easier and quicker to prepare. The rice is what takes the longest to cook, so you can imagine just how easy this dish really is.



With traditional Korean BBQ, the meat that is used is called *bulgogi*, which is usually thinly sliced sirloin. I used ground beef instead because it's easier to prepare and easier on your wallet, too. This has the same classic Korean spices in a typical bulgogi dish, like soy sauce, garlic, brown sugar, and ginger. I also like adding a little sriracha for a bit of heat, but you can pass on that if you prefer.

1. Cook the rice according to package instructions; set aside.
2. Place the eggs in a large saucepan and cover with cold water by 1 inch. Bring to a boil and cook for 1 minute. Cover the pot with a tight-fitting lid and remove from the heat; let sit for 8 to 10 minutes. Drain well and let cool before peeling and slicing in half.
3. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and cook, stirring frequently, until fragrant, 1 to 2 minutes. Stir in the spinach and cook until wilted, 2 to 3 minutes; set aside.
4. For the beef: In a small bowl, whisk together the brown sugar, soy sauce, ginger, sesame oil, and sriracha, if using.
5. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and cook, stirring constantly, until fragrant, about 1 minute. Add the ground beef and cook until browned, 3 to 5 minutes, making sure to crumble the beef as it cooks; drain excess fat. Stir in the soy sauce mixture and the green onions until well combined, then simmer until heated through, about 2 minutes.
6. Place rice, eggs, spinach, and ground beef mixture into meal prep containers and garnish with green onion and sesame seeds, if desired. Will keep covered in the refrigerator 3 to 4 days. Reheat in the microwave in 30-second intervals until heated through.

NUTRITION FACTS: CALORIES: 516.0 / TOTAL FAT: 25.0 / TRANS FAT: 0.0 / SATURATED FAT: 6.0 / CHOLESTEROL: 236.0 / SODIUM: 1030.0 / CARBOHYDRATES: 41.0 / FIBER: 4.0 / SUGAR: 12.0 / PROTEIN: 32.0



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