

Choco Fever Dream

Korean Ground Beef Bowl

Savory Korean beef bowl with sweet-savory sauce, crisp veggies, and fluffy rice—quick, comforting, and endlessly satisfying.

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
- [ ] 2 cups cooked rice (short-grain)
- [ ] 1 cup carrots, diced
- [ ] 1 cup peas (frozen or fresh)
- [ ] 2 green onions, sliced

For the Sauce

- [ ] 3 tbsp soy sauce
- [ ] 2 tbsp brown sugar
- [ ] 1 tbsp gochujang (Korean chili paste)
- [ ] 1 tsp sesame oil
- [ ] 1 tsp rice vinegar
- [ ] 2 garlic cloves, minced
- [ ] 1 tsp fresh ginger, grated

Instructions

1. Heat a large skillet over medium-high heat, add a drizzle of oil, then crumble the ground beef; let it brown without stirring for a minute, then break it up and cook until caramelized.
2. Stir in the garlic and ginger, letting them perfume the meat for about 30 seconds.
3. Mix soy sauce, brown sugar, gochujang, sesame oil, and rice vinegar in a bowl; pour the mixture over the beef, simmer for 3-4 minutes until the sauce thickens.
4. Add carrots and peas, tossing gently; cook just until the veggies are bright and still crisp, about 2 minutes.
5. Serve the beef over warm rice, garnish with sliced green onions and an extra drizzle of sesame oil if desired.

Nutrition per serving

420 kcal	24 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the sauce before adding; adjust sweetness or heat to your liking.
- If the sauce gets too thick, add a splash of broth or water.
- For extra zing, finish with a sprinkle of toasted sesame seeds.