



#MakeItGAP

RECIPES

WHOLE30® KOREAN BEEF BOWL

YIELD: 4 servings

INGREDIENTS:

1 shallot, diced
2 inches fresh ginger, peeled and grated on a microplane
1 Tbsp. toasted sesame oil
2 pounds grass-fed ground beef
1 tsp. red pepper flakes
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. salt
4 cups cauliflower rice
1/2 cup coconut aminos
2 Tbsp. fish sauce
6 cups greens of choice (chopped romaine, arugula, spinach)

OPTIONAL SAUCE:

1/4 cup mayo
1 Tbsp. hot sauce (adjust to taste)

PREPARATION:

Dice shallot and grate ginger to have it ready.

Heat a large skillet over medium-high heat and add sesame oil. Once hot, add in ground beef. Break the beef up into small bits. Add the shallot, ginger, red pepper, garlic powder, onion powder and salt and mix with the beef. Continue cooking, stirring occasionally, until the meat is browned and developing some crispy bits, about 8 minutes. Once the beef is almost done, prepare cauliflower rice and set aside.

Add the coconut aminos and fish sauce and cook for another 3-4 minutes.

If you are making the optional sauce, mix the mayo and hot sauce in a small bowl.

Serve beef in a bowl over a bed of greens and cauliflower rice. Top with optional sauce and enjoy.

Recipe adapted from realsimplegood.com