



Korean Bulgogi BBQ Steak Bowl



Ingredients, Steak:

- 1 cup low sodium soy sauce
- 1/3 cup brown sugar
- 1 tablespoon Gochujang (can also substitute Sriracha)
- 1 tablespoon fresh ginger grated
- 4 cloves garlic minced or grated
- 2 tablespoons sesame oil
- 2 pounds flank or skirt steak thinly sliced
- 2 tablespoons toasted sesame seeds

Ingredients, Spicy Peanut Sauce

- 1/3 cup creamy peanut butter or Tahini
- 2 tablespoons Korean Sunchang (Sriracha or Gochujang can be substituted if needed)
- 2 tablespoons rice vinegar
- 1 tablespoon low sodium soy sauce
- juice of 2 limes

BOWLS

- 3-4 cups steamed rice brown rice and or quinoa
- 1 cup shredded cabbage
- 1 mango thinly sliced
- 1 cup steamed or roasted broccoli
- 1 avocado sliced
- large handful of both fresh basil + cilantro
- 4 fried poached or soft boiled eggs
- toasted sesame seeds + kimchi + limes for serving

Method, Steak:

1. In a large bowl or gallon size Ziploc bag, combine the soy sauce, brown sugar, Gochujang (Korean chile paste), ginger, and garlic and sesame oil. Add the steak and toss well to coat. Try to make sure that almost all of the steak is submerged in the sauce. Cover and place in the fridge for 1 hour or overnight.



2. Heat a large wok or skillet over high heat. Add 1-tablespoon sesame oil, remove the steak from the marinade, and add it to the hot pan. Let it get a nice caramelization on one side, then turn and let it caramelize another two minutes. Add in a few tablespoons of the marinade and cook 2-3 minutes or until the sauce has thickened slightly and coats the steak. Remove from the heat and stir in a handful of toasted sesame seeds.

Method, Spicy Peanut Sauce:

1. In a food processor or blender, combine all the ingredients for the sauce along with 1/4 cup water. Process until smooth and creamy, adding more water, 1 tablespoon at a time, until your desired consistency is reached.

Method, Bowls:

1. Divide the rice or quinoa among bowls and top with equal amounts of steak. Toss the cabbage with the mango and a pinch of salt + pepper. Add the cabbage + mango to the bowls. Layer on the broccoli, avocado, basil and cilantro. Finish each bowl with an egg, chopped green onions, kimchi, toasted sesame seeds, and a good drizzle of the spicy peanut sauce. Serve with more peanut sauce for drizzling.