

KOREAN BEEFLESS TIPS RICE BOWL



Yield

12 portions

Portion Size

1 serving

[PRINT](#)

[EMAIL](#)

INGREDIENTS:

Gardein® Beefless Tips
Long-grain white rice, uncooked
Soy sauce
Toasted sesame oil
Grated fresh ginger
Garlic, minced
Firmly packed light brown sugar
Vegetable oil
Onion, diced
Match-stick cut carrots
Zucchini, diced
Baby spinach leaves
Toasted sesame seeds

MEASURE:

1-1/4 lbs
4 cups
1/4 cup
2 tsp
2 tsp
2 cloves
1/4 cup
3 tbsp
1 onion
2 cups
2 small
5 cups
2 tbsp

DIRECTIONS

1. Thaw beefless tips for 5 minutes; cut in half. Set aside. Cook the rice according to package directions.
2. In large bowl combine soy sauce, sesame oil, ginger, garlic and brown sugar. Mix well and set aside.
3. In a non-stick pan over medium heat, sauté halved beefless tips in vegetable oil for 4-5 minutes caramelizing well on all sides. Remove from pan and set aside.
4. Add onion, carrot and zucchini to the pan and cook until onions are caramelized and carrots and zucchini are soft, approximately 2-3 minutes. Add soy sauce mixture, cooked beefless tips and spinach and cook until sauce has thickened and spinach has wilted.
5. Serve Korean beefless tips stirfry over cooked rice and garnish with toasted sesame seeds.