

Korean Inspired Rice Bowls

Rice bowls are one of my favorite options for lunch or dinner. I love the contrast of fresh cold veggies with hot rice and flavorful protein. If you are packing it for lunch, put the meat and rice in one container to easily reheat in a microwave and the veggies and spicy mayo in a separate container to add just before eating.

Prep Time: 15 mins

Total Time: 35 mins

Makes: 4 servings

Ingredients:

Spicy Mayo Sauce

¼ cup mayonnaise

1-2 teaspoons gochujang (I like [Chung Jung One](#) brand)

½ teaspoon lime juice

Korean BBQ Sauce

⅓ cup coconut aminos or tamari

1 tablespoon coconut sugar or maple syrup

1 tablespoon toasted sesame oil

1 tablespoon gochujang

1 tablespoon finely grated or minced ginger

2 teaspoons finely grated or minced garlic

1 pound ground beef, pork, turkey, or chicken

Hot cooked rice and/or cauli-rice

Assorted vegetables for topping like shredded cabbage, sliced radish, sliced cucumbers, shredded carrots, pepper strips, jalapeno slices, green onion, cilantro, kimchi

Toasted sesame seeds

Directions

1. To make the spicy mayo: In a small bowl stir together mayonnaise, sriracha, and lime juice. Refrigerate until ready to serve.
2. To make the Korean BBQ sauce: stir together coconut aminos, sesame oil, coconut sugar, gochujang, ginger and garlic. Set aside.
3. Heat a 10-inch or larger skillet over medium-high heat. Add ground meat, breaking into pieces. Cook 5-7 minutes or until browned and no longer pink in the center.
4. Add Korean BBQ sauce. Reduce heat to medium to medium-low and simmer until sauce is thickened. Adjust seasoning to taste.
5. Serve meat over rice, cauliflower rice or a combination of the two. Garnish with desired vegetables.
6. Drizzle with spicy mayo and sprinkle with toasted sesame seeds.