



# KOREAN-INSPIRED BEEF AND KIMCHI BOWLS

**Time:** 30-40 minutes

**Serves:** 2-4

## INGREDIENTS

### For the ground beef:

2 tablespoons tamari (or coconut aminos)  
1 teaspoon sesame oil  
1 teaspoon grated ginger  
1 tablespoon peeled and finely grated pear  
1 teaspoon fish sauce  
2 tablespoons rice vinegar  
3 cloves garlic, minced  
¼ teaspoon red pepper flakes  
1 tablespoon olive oil  
1-pound ground beef  
1 red bell pepper, diced  
½ teaspoon sea salt  
½ teaspoon black pepper  
Sriracha (optional)

### For the rice (sub cauliflower rice):

2 cups brown rice OR 3 cups riced cauliflower

### For serving:

1 cup kimchi (store bought is fine)  
1 cup thinly shredded purple cabbage  
½ English cucumber, thinly sliced  
2 tablespoons fresh cilantro leaves  
2 tablespoons chopped green onion  
Sesame seeds (optional)  
Black sesame seeds (optional)

## DIRECTIONS

### For the beef:

**STEP 1:** Whisk together tamari (or coconut aminos), sesame oil, ginger, pear, fish sauce, rice vinegar, garlic, and red pepper flakes.

**STEP 2:** Heat oil in a large skillet over medium high heat. Add the red bell pepper. Sauté for about 4 minutes. Push the bell pepper to one side of the pan and add ground beef, salt and pepper and stir, breaking up the beef.

**STEP 3:** Cook until the beef is cooked through, about 5-7 minutes.

**STEP 4:** Drain off the excess fat, then add the beef back to the skillet. Add in the sauce, and simmer until the sauces reduces and coats the meat. This should take 4-5 minutes.

**STEP 5:** Remove from heat, cover and set aside.

**For the rice:** If you are using brown rice, cook according to the package. If you are using cauliflower rice, add oil to the pan and cook the cauliflower until it's heated through. About 3 minutes.

**To serve:** Put rice and beef in the bowls, and add a scoop of kimchi, a handful of purple cabbage and cucumbers. Top with cilantro, green onion and sesame seeds, if using. Enjoy!

### Nutritionist Notes by Laura

Why is this recipe supportive of good oral health? Vitamin C in cauliflower and bell pepper support healthy gums and prevents gum disease. This recipe is also very low in refined and starchy carbohydrates (if you use cauliflower rice instead of brown rice). Starchy vegetables and refined carbohydrates create an acidic environment in your mouth. This attracts bad bacteria and results in loss of enamel and may eventually lead to cavities.