

Korean-Style Beef and Rice Salad
RECIPE

Korean-Style Beef and Rice Salad



<?xml version="1.0"?>

TIME

15 min

INGREDIENTS

15 items

MAKES

4 servings

Influenced by Korean flavors and loaded with juicy beef and fresh, brightly colored veggies, this salad is filling, balanced and sure to become a family favorite.

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INGREDIENTS

- 1 1/2 tsp vegetable oil
- 2 tbsp sesame oil, divided
- 1 lb. extra lean ground beef
- 3 tbsp red chili paste
- 2 tbsp sesame seeds, divided

- 1 tbsp reduced sodium soy sauce
- 2 pouches (each 8.5 oz) Ben's Original™ Ready Rice™ Whole Grain Brown Rice
- 2 tbsp liquid honey
- 2 tbsp rice wine vinegar
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 cups shredded red cabbage
- 2 cups baby spinach
- 1/2 cup drained kimchi
- 2 green onions, thinly sliced

PRODUCTS USED



BEN'S ORIGINAL™ READY RICE™ Whole Grain Brown Rice

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INSTRUCTIONS

- 1
Heat vegetable oil and 1 tbsp sesame oil in large skillet set over medium heat. Add ground beef and cook, stirring occasionally, for 5 to 7 minutes or until well browned. Add chili paste, 1 tbsp sesame seeds and soy sauce; cook, stirring occasionally, for 1 to 2 minutes or until well coated and fragrant, and beef is cooked through. Let cool.
- 2
Meanwhile, prepare rice according to package instructions; let cool.
- 3
Whisk together remaining sesame oil, honey, vinegar, salt and pepper in small bowl.
- 4
Divide rice among 4 servings plates. Top evenly with beef, cabbage, spinach and kimchi. Drizzle sesame vinaigrette evenly over top and garnish with green onions and remaining sesame seeds.
5. *
Tips: This salad is also delicious with ground pork, turkey or chicken.
6. *
For a vegetarian option, substitute ground beef with a plant-based ground meat alternative and use vegan soy sauce.

NUTRITION

- CALORIES: 510
- TOTAL FAT: 20g
- SATURATED FAT: 5g
- TRANS FAT: 0g
- SODIUM: 600mg
- TOTAL CARBOHYDRATES: 51g
- DIETARY FIBER: 3g
- TOTAL SUGARS: 12g

- PROTEIN: 29g

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Cooking time

35 Minutes

Ingredients

10 items

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[Classic Shrimp Fried Rice](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)



[Brown Rice & Apple Salad](#)

Cooking time

20 minutes

Ingredients

9 items

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[Cheesy Chicken Broccoli Rice Bake](#)

Cooking time

45 Minutes

Ingredients

9 items

[SEE DETAILS](#)

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