

Korean-Style Beef and Rice Salad RECIPE

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<?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

SEE DETAILS

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INSTRUCTIONS

1. 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. 2

Meanwhile, prepare rice according to package instructions; let cool.

3. 3

Whisk together remaining sesame oil, honey, vinegar, salt and pepper in small bowl.

4. 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 alterative and use vegan soy sauce.

NUTRITION

CALORIES: 510TOTAL FAT: 20gSATURATED FAT: 5g

TRANS FAT: 0gSODIUM: 600mg

• TOTAL CARBOHYDRATES: 51g

DIETARY FIBER: 3gTOTAL SUGARS: 12g

MORE RECIPES LIKE THIS



Caribbean Style Wrap with Ben's Original™ 10 Medley

Cooking time

20

Ingredients

10 items

SEE DETAILS

×

Brown Rice with Spinach and Parmesan Cheese

Cooking time

35 Minutes

Ingredients

10 items

SEE DETAILS

×

Classic Shrimp Fried Rice

Cooking time

15 minutes

Ingredients

9 items

SEE DETAILS

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Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items

SEE DETAILS

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