Korean-Style Beef and Rice Salad
RECIPE

Korean-Style Beef and Rice Salad

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.

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

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 alterative 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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Brown Rice with Spinach and Parmesan Cheese

Cooking time

35 Minutes

Ingredients

10 items

Classic Shrimp Fried Rice

Cooking time

15 minutes

Ingredients

9 items

Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items

Cheesy Chicken Broccoli Rice Bake

Cooking time

45 Minutes

Ingredients

9 items

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