



Korean Rice Bowl

Ingredients

- 1 tsp Crushed garlic
- 1 tbsp Peanut Oil
- 1 tbsp Honey
- 200 g Lean minced beef
- 200 g Carrot, Peeled, Cut Into Thin Matchsticks
- 200 g Zucchini, grated
- 100 g Bean Sprouts
- 200 g Red Capsicum, sliced thinly
- 4 Sprigs Spring onions, finely sliced
- 100 g Shiitake Mushrooms
- 2 tbsps Maggi Original Seasoning
- 1 tbsp Sambal Oelek
- 300 g Cooked rice
- 3 Eggs
- 1 tbsp Sesame Seeds

Instruction

1. Mix garlic, peanut oil, minced beef and MAGGI Seasoning together and set aside for 5 minutes.
2. Heat a medium fry pan. Add mince mixture and cook for 3 – 4 minutes stirring continuously until lightly brown. Move mince to the side of the pan and crack eggs into pan. Cook sunny side up for 3 minutes or until desired.
3. Meanwhile, heat a non stick frying pan over high heat. Add carrots, and zucchini, half the green onions and cook for 1 minute.
4. Place mince, snow peas, bean sprouts and mushrooms on top of rice. Top with fried eggs and finish with remaining spring onions, chilli and lime if desired.

Nutrition

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|---------------|-------------|
| Carbohydrates | 40.45 g |
| Energy | 352.45 kcal |
| Fats | 11.14 g |
| Protein | 22.54 g |
| Sugars | 12.93 g |

🕒 11 Minutes

⊕ 4 Portions