

Beef Bulgogi Bowls - A simple and nutritious low carb/high protein lunch meal prep!

Ingredients

Marinade

- 1.5 lb flank steak (can sub skirt or sirloin steak)
- ½ pear
- ¼ cup coconut aminos
- 3 cloves garlic
- 1 Tbsp fresh ginger knob
- 1 Tbsp toasted sesame seed oil
- 1 tsp liquid smoke

Add-ins

- 2 heaping cups spinach
- 1 cup carrots (chopped)

For assembling the bowls

- 3 cups cauliflower rice
- 1 cup kimchi
- 4 fried free-range eggs
- Green onions
- Sesame seeds

Directions

1. In a blender or processor, add the pear, coconut aminos, garlic, ginger, oil, and liquid smoke. Add blended ingredients to a large bowl. *If you do not have a blender, finely chop pear, garlic, and ginger and whisk all marinade ingredients in a large bowl.
2. Add the sliced beef to the bowl with the marinade and toss to combine. Cover and refrigerate the beef for a minimum of two hours and up to overnight.
3. When you are ready to cook the steak, heat 1 Tbsp oil in a skillet over medium heat. Add the beef strips and chopped carrots into the skillet. Pour in any remaining marinade also. Cook the beef and carrots, stirring occasionally until all of the marinade juices thicken and begin to caramelize. The beef will be coated with the sauce and will absorb all of the sauce flavors.

4. Cook for about 10-15 minutes or once the sauce has cooked down enough so it is just coating the meat pieces and the carrots are soft. For the last five minutes, add the spinach.
5. Assemble the bowls: Divide the rice among four serving bowls and top it with the beef bulgogi. Top each bowl with a fried egg (optional), a portion of kimchi, and garnish with green onions and sesame seeds.

Notes

- If you are strictly paleo, you can sub out the sesame seed oil for avocado oil.
- This recipe is great for meal prep - if you are wanting to add an egg to your meal, simply fry an egg in the morning or boil an egg beforehand for an easier way to pack your lunch!