

Sweet & Spicy Beef Bowls

with Fried Eggs, Marinated Carrots & Broccoli

4 SERVINGS


⌚ 35-45 MINS

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Ingredients*

 20 oz Thinly Sliced Beef


 4 Pasture-Raised Eggs

 1 cup Long Grain White Rice

 1 lb Broccoli

 6 oz Carrots

 2 cloves Garlic

 2 Tbsps Vegetarian Ponzu Sauce

 2 tsps Gochujang

 1 Tbsp Sesame Oil

 1 Tbsp Rice Vinegar

 2 tsps Honey

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*Ingredients may be replaced and quantities may vary.

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1 Cook the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Cover to keep warm.



2 Prepare the ingredients & marinate the carrots

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel and roughly chop **2 cloves of garlic**.
- Peel the **carrots**; grate on the large side of a box grater.
- In a bowl, combine the **grated carrots**, **half the vinegar**, and a drizzle of **olive oil**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



3 Make the sauce

- In a bowl, whisk together the **ponzu sauce**, **honey**, **sesame oil**, **remaining vinegar**, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.



4 Cook the broccoli

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **broccoli florets**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add **1/4 cup of water** (carefully, as the liquid may splatter). Loosely cover the pan with foil. Cook, without stirring, 3 to 4 minutes, or until the broccoli is tender and the water has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



5 Cook the beef & sauce

- Separate the **beef**; pat dry with paper towels. Season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned beef** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the beef is coated and just cooked through.
- Transfer to a plate; cover with foil to keep warm.
- Rinse and wipe out the pan.



6 Fry the eggs & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate; season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Turn off the heat.
- Serve the **cooked rice** topped with the **cooked broccoli**, **cooked beef and sauce**, **marinated carrots** (including any liquid), and **fried eggs**. Enjoy!

