

Rice Mixed Vegetables Beef Recipe

Ingredients:

450 g Japanese rice
100 g ground or chopped beef
1 teaspoon cooking oil
1/2 peeled and julienned courgette (zucchini)
1/2 peeled and julienned carrots
2 fresh shiitake mushrooms, julienned, stems discarded
30 g bean sprouts, parboiled in lightly salted water and squeezed dry
1 egg, cooked, sunny-side up

Beef Seasoning:

2 teaspoons light soy sauce
A pinch of ground black pepper
1 teaspoon sugar

1 teaspoon minced garlic
2 teaspoons sesame oil

Bean Sprouts Seasoning:

1/2 teaspoon salt
1 scallion
2 cloves garlic, peeled and minced
1 teaspoon sesame oil
1 teaspoon roasted white sesame seeds

Chili Paste with Sesame:

4 tablespoons hot chili paste
1 tablespoon roasted white sesame seeds
2 teaspoons sesame oil

Method:

Wash rice then soak for 30 minutes and drain. Cook rice in a rice cooker with 500 ml water. Combine beef with beef seasoning then stir-fry lightly until cooked. Heat oil in a frying pan (skillet) and stir-fry courgette quickly so the color stays vivid. Remove. Stir-fry carrots and mushrooms in the same way. Sprinkle bean sprouts seasoning over parboiled bean sprouts. Prepare chili paste with sesame. Combine ingredients and use as needed, or prepare pan-broiled chili paste (refer Korean recipes). Arrange beef, vegetables and egg in a bowl. Serve accompanied with rice, chili paste with sesame or pan-broiled chili paste.