



KOREAN BEEF BOWL

INGREDIENTS

- 5g garlic, finely chopped
- 5g ginger, finely chopped
- 500g steak mince
- 30g honey
- 60ml soy sauce
- 1 tsp sesame oil
- 1/4 tsp chilli flakes
- 1 tbsp cornflour
- 200ml water
- 1 large carrot, grated
- 5 spring onions, finely sliced

**THIS TASTY RECIPE IS
EASY TO MAKE AND HIGH
IN PROTEIN**

DIRECTIONS

- 1. Brown the mince with the garlic and ginger***
- 2. Put the honey, soy sauce, sesame oil, chilli flakes, water and cornflour in a bowl and mix well***
- 3. Pour sauce over the mince, reduce the heat to low and simmer for 10 minutes or until the mince is cooked***
- 4. Stir through the grated carrots and spring onions and serve***