



Bowl inspired by
Beneful Originals With Beef

COOK TIME: 30 minutes • **SERVES:** 2

Beef Bulgogi Bowls

Ingredients:

- 1 pound beef sirloin, thinly sliced
- 1 cup cooked short-grain rice
- 2 cups fresh spinach leaves
- 1 cup frozen peas
- 1 cup carrots, thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon honey or brown sugar
- 1 tablespoon rice vinegar
- 1 tablespoon sesame seeds (optional)
- Salt and pepper to taste

INSTRUCTIONS:

1. In a mixing bowl, combine the minced garlic, soy sauce, sesame oil, honey or brown sugar, rice vinegar, and a pinch of salt and pepper. Whisk the marinade until well combined.
2. Add the thinly sliced beef to the marinade, ensuring all the slices are coated. Let it marinate for 20 minutes in the refrigerator.
3. Heat the vegetable oil in a large skillet or wok over medium-high heat.
4. Add the marinated beef to the hot skillet and stir-fry for about 4-5 minutes until the beef is cooked through and nicely browned. Once the beef is cooked through (145°F), remove the beef from the skillet and set it aside.
5. In the same skillet, add the frozen peas and carrots. Stir-fry for 2-3 minutes until the vegetables start to soften.
6. Add the spinach leaves to the skillet and cook for another 1-2 minutes until wilted.
7. Top a bowl of rice with the beef bulgogi mixture and the vegetables.
8. Sprinkle sesame seeds.



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