

Lean & Green

We make healthy eating second nature

BIBIMBAP BOWLS

No. of servings: 4

Per serving: 1 lean | 3 green | 3 condiments

Total Time: 15-20 minutes

Cuisine: Korean

Contains: Gluten, Soy, Egg, Meat

INGREDIENTS

1 tsp olive oil

5 cups (150g) baby spinach

1 tsp toasted sesame oil

¼ tsp salt

450g lean ground or minced beef

2 tbsp chili garlic sauce

1 tbsp reduced sodium soy sauce

½ medium head of cauliflower (280g), trimmed and "riced" (should yield about 2 cups)

1 cup (100g) thinly sliced cucumber

4 hard-boiled eggs (or sunny side up)

½ cup (50g) chopped spring onions

1 tbsp sesame seeds

DIRECTIONS

1. Heat the olive oil in a skillet over medium-high heat. Add the spinach, and cook for a few minutes, or until just wilted. Drizzle the sesame oil over the top, and lightly season with salt. Remove spinach from skillet and set aside.
2. Add the ground beef to the skillet used to cook the spinach. Cook the beef until fully browned. Stir in the chili garlic sauce and soy sauce, cook for 1 minute, and then remove skillet from heat.
3. Steam the riced cauliflower in the microwave with 1 tbsp water until tender, about 3 to 4 minutes or on stovetop until just tender.
4. Build the bowls by first adding a ½ cup (50g) of riced cauliflower to each one. Arrange a quarter of each on top: spinach, ground beef, and cucumber. Add an egg to each bowl, and garnish with spring onions and sesame seeds.

***Note:** To make cauliflower rice, you may chop the cauliflower into rice-like pieces, grate the cauliflower with a box grater, or cut cauliflower into florets and lightly pulse in a food processor or blender.

Per serving: 280 calories, 34g protein, 9g carbohydrate, 12g fat



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