



Sticky Korean Beef

PREP TIME 5 mins | TOTAL TIME 15 mins | SERVES 3-4

INGREDIENTS

- 1 tablespoon sesame oil
- 1 tablespoon canola oil
- 500 g medium or lean ground beef
- 2 cloves garlic, minced
- 1 tablespoon minced ginger
- 1/2 teaspoon hot chili flakes (optional)
- 2 tablespoons brown sugar
- 1/4 cup soy sauce
- 4 cups thinly sliced napa cabbage
- 2 green onions, chopped

INSTRUCTIONS

1. Heat a large cast iron pan over high. Add the sesame and canola oils. Allow the oils to get really hot, then add the beef and press it into an even layer. Let it cook, without stirring, about 5 minutes, or until the edges become dark brown and slightly crispy.
2. Add the garlic, ginger and chili flakes and then stir, breaking up the larger pieces of meat, and cook another 2 to 4 minutes, or until it's mostly cooked through. If there is excess fat in the pan (this happens if you use medium ground beef), spoon out and discard some fat, leaving roughly 3 tablespoons of it in the pan.
3. Sprinkle the brown sugar over the meat and add the soy sauce. Stir well and cook about 30 seconds, then add the cabbage. Stir and cook until cabbage softens just a bit, about 3 minutes. Garnish with green onions.