



French Fries with Bulgogi and Caramelized Kimchi

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



1087 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons korean chile paste (gochujang)
- ☐ 1 pound fries french hot
- ☐ 1 tablespoon ginger fresh minced
- ☐ 3 cloves garlic minced
- ☐ 1 cup kimchi
- ☐ 0.5 cup mayonnaise
- ☐ 1 small onion minced (small)

- ☐ 1 pound eye steak boneless very thin cut into , 3-inch slices
- ☐ 1 teaspoon sesame oil toasted
- ☐ 0.5 cup soya sauce
- ☐ 2 tablespoons soya sauce
- ☐ 3 tablespoons sriracha plus more for serving
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 4 servings cheddar shredded white toasted chopped for serving
- ☐ 0.3 cup distilled vinegar white
- ☐ 1 tablespoon distilled vinegar white

Equipment

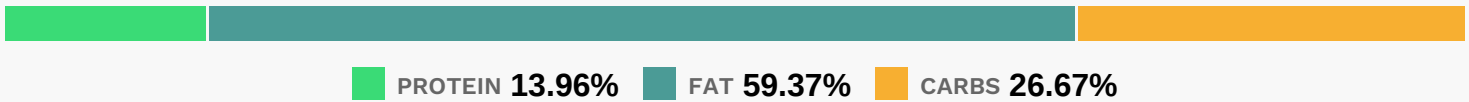
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ In a resealable plastic bag, combine the onion, garlic, ginger, soy sauce, sugar, vinegar and sesame oil.
- ☐ Add the rib eye and toss to coat. Seal the bag and refrigerate overnight.
- ☐ Drain the meat, pick off the solids and pat dry. In a large skillet, heat the vegetable oil until smoking.
- ☐ Add the meat and cook over high heat, turning once, until lightly browned, 4 minutes.
- ☐ Transfer the meat to a plate and keep warm. Rinse out the skillet and wipe dry.
- ☐ In a medium bowl, combine the sugar, vinegar, chile paste and soy sauce.
- ☐ Add the kimchi and toss to coat.
- ☐ Heat the skillet until very hot.

- ☐ Add the kimchi and cook over high heat until the liquid is thickened and glossy and the kimchi is browned in spots, about 5 minutes.
- ☐ In a small bowl, whisk the mayonnaise with the 3 tablespoons of Sriracha.
- ☐ Scatter the french fries on a platter and top with the bulgogi and kimchi.
- ☐ Drizzle with some of the Sriracha mayonnaise and sprinkle with cheddar, onion, sesame seeds and cilantro.
- ☐ Serve with additional Sriracha.

Nutrition Facts



Properties

Glycemic Index:120.88, Glycemic Load:41.52, Inflammation Score:-8, Nutrition Score:30.783478197844%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 1086.61kcal (54.33%), Fat: 72.86g (112.09%), Saturated Fat: 22.64g (141.5%), Carbohydrates: 73.62g (24.54%), Net Carbohydrates: 65.95g (23.98%), Sugar: 33.36g (37.07%), Cholesterol: 110.93mg (36.98%), Sodium: 3579.78mg (155.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.55g (77.1%), Vitamin K: 77.81µg (74.1%), Selenium: 39.34µg (56.2%), Vitamin B3: 10.46mg (52.32%), Zinc: 7.81mg (52.07%), Vitamin B6: 0.97mg (48.38%), Phosphorus: 473.17mg (47.32%), Vitamin B12: 2.23µg (37.23%), Vitamin B2: 0.62mg (36.54%), Iron: 6.02mg (33.47%), Vitamin A: 1564.89IU (31.3%), Potassium: 1079.08mg (30.83%), Fiber: 7.67g (30.67%), Manganese: 0.6mg (30.06%), Calcium: 273.43mg (27.34%), Vitamin E: 3.29mg (21.95%), Magnesium: 81.54mg (20.39%), Vitamin C: 16.55mg (20.06%), Vitamin B1: 0.25mg (16.47%), Folate: 63.13µg (15.78%), Copper: 0.26mg (13.09%), Vitamin B5: 1.01mg (10.12%), Vitamin D: 0.35µg (2.33%)