



Korean Rice Bowl with Steak, Asparagus, and Fried Egg



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1136 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds asparagus trimmed
- ☐ 0.5 teaspoon chili powder
- ☐ 6 large eggs
- ☐ 0.8 teaspoon fleur del sel
- ☐ 1 garlic clove minced
- ☐ 2 spring onion finely chopped
- ☐ 6 servings kimchi

- ☐ 6 servings pepper flakes hot (kochujang)
- ☐ 6 cups rice medium-grain white cooked
- ☐ 1 tablespoon sherry dry
- ☐ 3 tablespoons sesame oil divided
- ☐ 1 tablespoon sesame seed
- ☐ 0.3 cup soya sauce
- ☐ 1.5 pounds new york strip steak trimmed
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons vegetable oil for brushing

Equipment

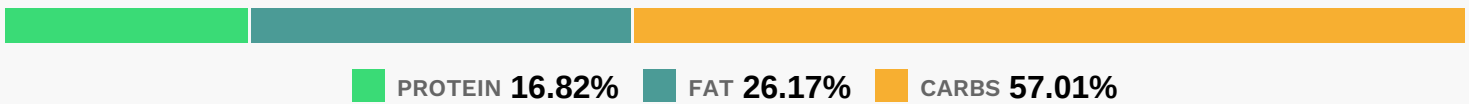
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ mortar and pestle

Directions

- ☐ Toast sesame seeds in small skillet over medium heat until golden brown, stirring often, about 3 minutes.
- ☐ Transfer sesame seeds to small bowl to cool. Grind sesame seeds, fleur de sel, and chile powder in mortar with pestle or in spice mill until about half of sesame seeds are finely ground. Return to same small bowl. DO AHEAD: Sesame salt can be made 1 day ahead. Cover and let stand at room temperature.
- ☐ Place steak in freezer 1 hour for easy slicing.
- ☐ Cut steak crosswise into 1/8-inch-thick slices.
- ☐ Whisk soy sauce, 2 tablespoons sesame oil, green onions, sugar, sake, and garlic in medium bowl. Toss steak in soy mixture.

- ☐ Let marinate at room temperature 30 minutes, tossing occasionally.
- ☐ Heat griddle or 2 heavy large skillet over medium-high heat. Toss asparagus with 2 teaspoons vegetable oil on larger rimmed baking sheet. Sauté asparagus until crisp-tender, about 4 minutes. Return to rimmed baking sheet.
- ☐ Sprinkle sesame salt over; drizzle with remaining 1 tablespoon sesame oil. Tent with foil to keep warm.
- ☐ Brush griddle with vegetable oil. Working in batches, grill steak until just browned, about 1 minute per side.
- ☐ Transfer to bowl; tent with foil to keep warm.
- ☐ Brush griddle with vegetable oil. Crack eggs onto hot griddle. Cook until whites are set but yolks are still runny, 2 to 3 minutes.
- ☐ Divide warm rice among bowls. Divide asparagus, then beef among bowls, placing atop rice. Top with fried egg.
- ☐ Serve with
- ☐ Korean hot pepper paste and kimchi.
- ☐ Fleur de sel and New Mexico chile powder are available at some supermarkets and at specialty foods stores. Korean hot pepper paste (a mixture of miso and hot chiles) and kimchi (spicy pickled vegetables) are available at Korean markets and from koamart.com.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 55.88, Glycemic Load: 93.03, Inflammation Score: -8, Nutrition Score: 38.880869450776%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 16.29mg, Quercetin: 16.29mg, Quercetin: 16.29mg, Quercetin: 16.29mg

Nutrients (% of daily need)

Calories: 1136.12kcal (56.81%), Fat: 32.43g (49.9%), Saturated Fat: 10.15g (63.44%), Carbohydrates: 159.01g (53%), Net Carbohydrates: 153.65g (55.87%), Sugar: 7.37g (8.19%), Cholesterol: 276.72mg (92.24%), Sodium: 981.8mg (42.69%), Alcohol: 0.26g (100%), Alcohol %: 0.06% (100%), Protein: 46.91g (93.83%), Manganese: 2.34mg (116.87%), Selenium: 73.29µg (104.7%), Vitamin B6: 1.23mg (61.64%), Phosphorus: 613.73mg (61.37%), Vitamin K: 63.23µg (60.22%), Vitamin B3: 10.97mg (54.85%), Zinc: 7.39mg (49.28%), Copper: 0.83mg (41.28%), Iron: 7.11mg (39.49%), Vitamin B2: 0.64mg (37.72%), Vitamin B5: 3.68mg (36.8%), Folate: 118.24µg (29.56%), Vitamin B1: 0.42mg (28.19%), Potassium: 944.4mg (26.98%), Vitamin A: 1312.88IU (26.26%), Vitamin C: 21.63mg (26.22%), Magnesium: 104.36mg (26.09%), Vitamin B12: 1.56µg (25.94%), Fiber: 5.36g (21.44%), Vitamin E: 2.82mg (18.81%), Calcium: 154.54mg (15.45%), Vitamin D: 1µg (6.67%)