

Japanese Beef Rice Bowl (Gyu-Don)



Indulge in the mouthwatering flavors of our original Japanese Beef Rice Bowl (Gyu-don) recipe. Tender beef simmered in a savory sauce, served over steamed rice, creating a delightful fusion of textures and tastes.

Preparation 10 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 250

Fat 10

Carbohydrates 12

Fibre 1

Protein 24

Sodium 395

Ingredients

- 15 ml (1 tbsp) of canola oil
- 1 medium onion, sliced
- 300 g (? lb) of thinly sliced beef for Chinese hot pot
- 15 ml (1 tbsp) of sugar
- 30 ml (2 tbsp) of sake*
- 30 ml (2 tbsp) of mirin

- 30 ml (2 tbsp) of reduced-sodium soy sauce
- 30 ml (2 tbsp) of water
- 4 eggs
- 2 green onions, chopped

Note: Sake can be substituted with white wine or beef broth.

Preparation

1. In a saucepan, heat 10 ml (2 tsp) of oil over medium heat. Add the onion and cook until tender, about 5 minutes.
2. Add the beef and sugar to the saucepan, mix well, and cook for 2-3 minutes until the meat browns.
3. Add the sake, mirin, soy sauce, and water, then continue cooking for 2-3 minutes. Set aside.
4. In a large non-stick skillet, add the remaining oil and heat over medium-high heat. Cook the eggs until the whites are set and the yolks are partially cooked (sunny-side up).
5. Serve the beef and sauce with brown rice and a side of vegetables of your choice, place the egg on top, and garnish with green onion.



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