KIKKOMAN

Bowl with beef and vegetables

Total time **15 mins** **10 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):
2,914 kJ / 696 kcal

Fat: **54.5 g** Protein: **31.8 g**
Carbohydrates: **18 g**

INGREDIENTS

2 portion(s)

4 tbsp	frying oil
1	onion
2	garlic cloves
0.5 tsp	ground ginger
200 g	minced beef
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
70 ml	sriracha
0.5	red pepper
0.5	carrot
2	eggs
100 g	mayonnaise
2 tbsp	lemon juice
200 g	cooked rice
0.5	green cucumber
1 tbsp	spring onion

PREPARATION

Step 1

2 tbsp frying oil - **1** onion - **1** garlic clove - **0.5 tsp** ground ginger - **200 g** minced beef - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **50 ml** sriracha
Chop the onion and garlic. Heat the oil in a frying pan and add the onion and garlic. Then add the ginger, mix, and add the minced beef. Fry the meat until brown.

Mix the Kikkoman Soy Sauce and sriracha together. Pour the mixture over the meat. Fry everything together for 1 minute. Transfer to a bowl.

Step 2

2 tbsp frying oil - **0.5** red pepper - **0.5** carrot - **2** eggs
Cut the carrot and red pepper into sticks. Add the oil to a pan and fry carrot and red pepper over a high heat for 2 minutes. Place the vegetables in a bowl next to the meat. Then fry the eggs until the whites are set and the yolks are still runny.

Step 3

100 g mayonnaise - **20 ml** sriracha - **2 tbsp** lemon juice - **1** garlic clove - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **200 g** cooked rice - **0.5** green cucumber - **1 tbsp** spring onion
Chop the spring onion and cucumber. Mix the mayonnaise with the sriracha, lemon juice, pressed garlic and Kikkoman Soy Sauce.

Place the cooked rice in two bowls. Add the chopped cucumber and place the fried eggs on top of the dishes. Sprinkle with the spring onions.

Serve with half of the mayonnaise-sriracha sauce. Save the other half of the sauce for the next recipe – omelette with vegetables.