

BULGOGI SALAD

If eating salad leaves you feeling bloated, then try cooking several components of your salad to make it a little easier on your digestive system. Bulgogi is the star protein, but we're using a bibimbap bowl as our inspiration for turning it into a salad. You can use any vegetables you like, and the key will be to season each component.

INGREDIENTS

1 lb. ribeye steak, shaved thin

Marinade

3 tablespoons tamari

1 tablespoon coconut sugar

1 tablespoon water

3 cloves garlic, minced

1/4 kiwi, peeled, grated

1/2 teaspoon ground black pepper

1 tablespoon sesame oil

1 green onion sliced

2 teaspoons sesame seeds

Carrots, grated

Cucumbers, sliced, salted then strained, rinsed, dried

Zucchini, cooked with oil and gochujang sauce, sprinkle with sesame seeds

Red Bell Pepper, cooked in sesame oil

Mung sprouts, blanch in salted water for 1 minute, strain

Mushrooms, cooked in oil with salt and pepper, add oil if dry

10-ounces Spinach leaves

Sauce

3 tablespoons gochujang* sauce (gluten-free)

1 tablespoon sesame oil

2 tablespoon tamari

Fried egg (optional)

NOTES

- *Gochujang is a Korean spicy fermented chili paste. Most have gluten in them so you'll want to find a source that is gluten-free.
- Ask your butcher to shave the ribeye for you to save some time. If they don't, freeze the steak for an hour then thinly slice against the grain.
- Kiwi acts as a meat tenderizer and you only want to use 1 tablespoon as it is pretty powerful. You could also use 2 tablespoons of Asian pear.

MAKES SIX BURGERS

1 In a bowl pour the tamari, coconut sugar, and water and whisk until the sugar has dissolved. Then add the garlic, kiwi, ground black pepper, sesame oil, green onion, and sesame seeds and mix.

2 Place the ribeye steak in a shallow pan and pour the marinade on top. Mix well. Allow the steak to marinate in the refrigerator for at least 1 hour and no more than 24 hours. (Ideal is 2-3 hours.)

3 Heat a large pan to medium and drizzle some sesame oil. Add about half of the steak and cook for about 1 minute, then flip and cook through. (Don't crowd the pan.) Cook the remaining meat. Top with some scallions and sesame seeds.

4 To make the sauce, add gochujang sauce to a bowl with sesame oil and tamari then whisk.

5 To plate, add spinach leaves to a bowl, top with bulgogi meat, your choice of vegetables, then drizzle with gochujang sauce. Top with scallions and sesame seeds.