



ASIAN PROTEIN BOWL

A savory, protein-rich Asian-inspired bowl combining lean beef, colorful vegetables, rice, and a fried egg with a bold gochujang sauce.



SERVINGS

2 servings



PREP TIME

15 mins



COOK TIME

20–25 mins



TOTAL TIME

35–40 mins

INGREDIENTS

BEEF & BOWL

- 1 pound 93% lean ground beef
- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- 2 tablespoons gochujang
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon rice vinegar
- 1 teaspoon honey or maple syrup
- 2 cups cooked brown rice
- 2 eggs
- 1 teaspoon sesame oil

VEGETABLES & TOPPINGS

- 1 cup shredded purple cabbage
- 1 cup shredded carrots
- 1 cup cucumber, sliced
- 1/2 cup edamame, shelled
- 2 green onions, sliced
- 1 tablespoon sesame seeds
- Optional: seaweed strips or kimchi

EQUIPMENT

- Large skillet
- Small nonstick skillet (for eggs)
- Mixing bowls
- Measuring spoons

INSTRUCTIONS

1. Cook the rice according to package instructions. Set aside.
2. Heat olive oil in a large skillet over medium-high heat. Add the ground beef and cook, breaking it up with a spoon, until browned and cooked through, about 6–8 minutes. Drain any excess fat.
3. Add garlic and ginger to the skillet and cook for 1 minute until fragrant.
4. Stir in gochujang, soy sauce, rice vinegar, and honey. Cook for 2–3 minutes, stirring to coat the beef evenly. Remove from heat.
5. In a small nonstick skillet, heat sesame oil over medium heat. Crack the eggs into the skillet and cook to your preference (sunny side up or over easy recommended).
6. Assemble the bowls: Divide rice evenly between 2 bowls. Top with the beef, shredded cabbage, carrots, cucumber, and edamame.
7. Top each bowl with a fried egg. Garnish with green onions, sesame seeds, and optional seaweed strips or kimchi.
8. Serve immediately and enjoy your protein-packed bowl!

NUTRITION INFORMATION — PER SERVING

CALORIES	PROTEIN	CARBOHYDRATES	FAT
670 kcal	42 g	70 g	23 g



FIBER BREAKDOWN (PER SERVING)

- Total Fiber: 7 g
- Soluble Fiber: 1.9 g (27%)
 - Insoluble Fiber: 5.1 g (73%)



PROTEIN PROFILE (PER SERVING)

- Total Protein: 42 g
- Animal Protein: 32 g (76%)
 - Plant Protein: 10 g (24%)



FAT PROFILE (PER SERVING)

- Total Fat: 23 g
- Saturated Fat: 6 g (26%)
 - Monounsaturated Fat: 9 g (39%)
 - Polyunsaturated Fat: 8 g (35%)

TIPS

- Add a squeeze of lime juice for extra brightness.
- Adjust gochujang to taste for more or less heat.
- Store components separately in the fridge for up to 4 days.

RECIPE NOTES

This recipe is designed to deliver high protein while keeping the meal satisfying, colorful, and nutrient-rich to support your health goals.