

Easy Keto Korean Beef with Cauli Rice

Oscar · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

4

Description

Try this delicious keto Korean beef with cauliflower rice it is quick and easy to make and will become a family favorite This makes the perfect weeknight meal

Ingredients

— - 2 teaspoons sesame oil - 1 pound lean ground beef - 3 cloves garlic
— minced - ¼ cup soy sauce - 1 tablespoon coconut sugar - ¼ teaspoon ground ginger - ¼ teaspoon ground black pepper - 2 cups cauliflower rice - 2 tablespoons chopped green onions - 1 tablespoon sesame seeds

Instructions

1. Heat sesame oil in a large skillet over medium-high heat. Cook and stir ground beef and garlic in the hot skillet until browned and crumbly
2. 5 to 7 minutes. Combine soy sauce
3. coconut sugar
4. ginger
5. and pepper in a bowl; whisk until well combined. Pour over ground beef; simmer until sauce thickens
6. about 3 minutes. Serve over cauliflower rice. Sprinkle with green onions and sesame seeds. Tips To make cauliflower rice
7. grate cauliflower using a coarse grater or using the grater disc in a food processor.