



Ingredients :

- round rice
- 200 g of beef (sirloin)
- 100g beansprouts
- 100g black mushrooms
- 1 carrot
- 1 cucumber
- 1 teaspoon of sesame seeds
- 1 c. tablespoon of sesame oil
- lettuce
- 2 eggs
- oil
- salt
- pepper
- 1 glass of water

Marinade:

- 2 tablespoons of soy sauce
- 1 tablespoon to liquid honey
- 1 tablespoon of sesame oil
- 2 cloves garlic, crushed

spicy sauce:

- 2 tablespoon of red chile paste
- 1 tablespoon of liquid honey

- 1 tablespoon of sesame oil

Preparation :

Cook the rice.

Mix the minced beef with marinade ingredients and set aside.

Mix all ingredients in hot sauce in a bowl and reserve.

Peel and cut carrot, cucumber and mushrooms into strips.

Cook the julienned carrots in 1 cup water over low heat until the water evaporation.

Season with salt, pepper, sesame oil and sesame seeds.

Cook meat in a little oil and set aside.

Put the rice in two large bowls and place the vegetables, meat, chili circularly by type above, crack an egg and drop it in the center.

Sprinkle with toasted sesame seeds and serve very hot.

Tips : You can add the vegetables you want.

Anecdotes : In Korea they eat this dish with a spoon, and mix everything before eating it. It is from the region of Jeonju, South Korea.