

Gochujang Glazed Pork Bowl

What's Inside:



8 OZ
PORK
STRIPS



2/3 CUP
BROWN
RICE



1/2 CUP
DRIED SHIITAKE
MUSHROOMS



5 OZ
BROCCOLI
FLORETS



2 GREEN
ONIONS



2 OZ
SHREDDED
CARROTS



1 TBSP
SESAME
SEEDS



2 TBSP
SOY
SAUCE



2 TSP
GOCHUJANG
SEASONING



2
HONEY
PACKETS

What You'll Need:

Salt
Canola oil
Small saucepan
Small bowl
Large skillet
Wooden spoon
Slotted spoon
Paper towels
Instant read meat thermometer

Recommended Preparation:



1 Cook Rice
Rinse brown rice under cool water to remove excess starches. In small saucepan, combine rice with 1-1/4 cups water and pinch of salt; bring to boil. Reduce heat; cover and simmer rice 30 minutes or until water is absorbed and rice is tender. Fluff rice with fork; keep warm.



2 Prepare Ingredients
In small bowl, pour 1/2 cup hot tap water over shiitake mushrooms. Soak 5 minutes; drain, reserving mushroom soaking liquid. Cut broccoli into bite-size pieces. Trim green onion ends and discard; cut into 1/4-inch pieces. Set aside.

 *Reserving the soaking liquid from the dried shiitake mushrooms and using it in the sauce adds a bit more umami flavor to the finished meal.*



3 Toast Sesame Seeds and Steam Broccoli
Toast sesame seeds until lightly golden in large skillet over medium-low heat, about 2 minutes, stirring constantly with a wooden spoon. Remove from heat the moment they start to change color. The sesame seeds will continue to toast after they are taken off heat; set aside. Wipe skillet clean; add 1 cup water and place over high heat. Add broccoli; season with 1/2 teaspoon salt. Steam until bright green and tender, 2 to 3 minutes. Transfer to a plate using a slotted spoon; keep warm.



4 Cook Pork
Drain excess water from skillet; wipe dry. In skillet, heat 2 teaspoons canola oil over medium-high heat. Pat pork strips dry with paper towels; add to hot skillet. Cook until pork begins to lightly brown, about 6 minutes. Stir in reserved mushroom soaking liquid, soy sauce, gochujang seasoning and honey. Add shredded carrots, broccoli, shiitake mushrooms and green onions.



5 It's Mealtime!
Stir to combine; cook another 2 minutes until sauce begins to thicken, vegetables are warmed through and pork reaches an internal temperature of 145°F on an instant read meat thermometer. Divide brown rice between 2 bowls; top with pork and vegetables, and garnish with toasted sesame seeds.