



18



578 kcal
(per serving)



30 min



Wagyu is sauteed in soy sauce and sugar, then rolled up in rice and seaweed like a maki roll. Sesame and garlic are delicious with beef. These rolls are also excellent for a bento.

Makes 2 servings

Wagyu flank	90 g
Onion	1/4 medium (50 g)
Red pepper	1/5 (30 g)
Garlic	1 clove
Butter	1 teaspoon
Sesame seeds	2 teaspoons
Cooked rice	300 g
Korean seaweed	2 sheets
Soy sauce	2 and 2/3 teaspoons
Sugar	2 teaspoons
Salt	Pinch
Pepper	Pinch
Vegetable oil	1 teaspoon

1. Mince the onion, red pepper, and garlic.
2. Cut Wagyu flank into 1 cm cubes and season lightly with salt and pepper.
3. Mix soy sauce and sugar together.
4. Melt butter in a frying pan over medium heat and saute minced garlic for about 1 minute until fragrant.
5. Add minced onion and red pepper to pan, sauteing for about 2 minutes until onion is translucent. Transfer contents of pan to a plate.
6. In the pan, heat up oil and saute beef cubes for about 3 minutes until browned. Add onion, red pepper and soy sauce/sugar mixture to pan and cook over medium heat.
7. Fold sesame seeds into cooked rice. Spread rice over a piece of cling film, and layer with the beef mixture.
8. Roll the rice and beef mixture in a sheet of Korean seaweed and serve.