

Cooking for Wellness

Sponsored by:





Korean BBQ Beef (Bulgogi)

Yields: 4 Preparation time: 30 minutes Ingredients

- 1 pound beef top sirloin, thinly sliced
- 1 tablespoon sesame oil
- 1 recipe of Korean dipping sauce/marinade



Instructions

- 1. In a zip lock bag add thinly sliced meat and marinade. Refrigerate overnight.
- Heat a large sauté pan over medium high heat, add sesame oil. Add the marinated thinly sliced beef and cook until preferred doneness.
- 3. Serve immediately.