



Korean Style Ribs with Stir Fry Veggies and Cilantro Lime Rice

Ingredients:

For the Ribs:

3 pounds of Galbi, Korean Style ribs
1 cup of soy sauce
1/3 cup of Mirin
1/2 cup of brown sugar
1/4 cup of honey
1/3 cup of sesame oil
4 finely minced cloves of garlic
1/2 small diced yellow onion
3 thinly sliced green onions
1 tablespoon of sesame seeds

For the Veggies:

1 julienne red bell pepper
1/2 pound of julienne Shitake mushrooms
4 cups of sliced Napa cabbage
2 thinly sliced carrots
1 teaspoon of chopped ginger
2 tablespoons of sesame oil
3 tablespoons of soy sauce

For the Rice:

4 cups of cooked Jasmine rice
Juice of 1 lime
3 tablespoons of chopped fresh cilantro
Kosher salt to taste

Makes 3-4 servings

Preparation:

Ribs:

Place all ingredients into a large slider plastic bag and mix together. Place the entire bag into the refrigerator to marinate for at least 1 hour (preferably overnight). After marinating is done, remove from the bag and place on a very hot grill (450°F to 550°F) until golden brown on both sides and cooked through out. Once cooked, remove from the heat and let rest 2 to 3 minutes before serving.



Veggies:

In a large hot sauté pan with sesame oil, stir fry the vegetables. Once the veggies are brown but still crisp, deglaze with soy sauce and keep warm on low heat

Rice:

Simply mix all of the ingredients together and serve alongside the stir fried vegetables and ribs.