

Korea Konnect www.koreakonnect.com

Korean Style Tacos Saehee Chang 2018

Ingredients:

1 lb ground beef (or use ground chicken or pork or substitute with tofu, or many recipes also use leftover Bulgogi -Korean BBQ beef)

2 to 3 carrots, shredded

1 bunch lettuce, chopped

1 package of bean sprouts

8 oz shitake mushrooms, sliced thinly

1 package of your favorite corn or flour tortillas

½ cup Sesame Oil

2 to 3 TBSP roasted sesame seeds

Salt

Black Pepper

Oil for frying

½ cup soy sauce

One head of garlic

Condiments: Feel free to add any of your favorite toppings or condiments on your taco! Some examples are Gochujang- Korean chili paste, Sriracha Sauce, Salsa, Cilantro, Kimchi, Guacamole, and Cheese.

Blanch bean sprouts in hot water for 1 to 2 minutes, let cool and squeeze out excess water. Season with salt, black pepper, 1 to 2 TBSP soy sauce, 1 to 2 cloves crushed garlic, 1 TBSP sesame oil, and 1 TBSP of sesame seeds. Sauté carrots with oil, salt, pepper, 1 TBSP sesame seeds. Rehydrate mushrooms in boiling water for about 10 minutes, then sautée mushrooms with 2 TBSP sesame oil, 2 TBSP soy sauce, sesame seeds, pepper, and garlic.

Fry the ground beef with 1 TBSP soy sauce, pepper, sesame seeds, sesame oil, and chopped garlic.

Warm up tortillas, arrange your taco with the beef and vegetables, and top with your favorite condiment. Enjoy! Serves 4 to 6.