



KALBI BISON AND BOK CHOY STIR-FRY

Serves 2  604 calories per serving

INGREDIENTS

1 lb	frozen ground bison (can substitute any ground meat)
1 bunch	baby bok choy
1	onion, diced
4 oz	kalbi sauce (contains sesame, soybean, and wheat)
2 cups	water
1 cup	long grain white rice

Recipe created by Quan Hoang who serves as the Washington State Executive Mansion Chef. Quan has been sharing his culinary gifts at the Mansion since 2009, but his appreciation and lifelong passion for cooking began 25 years ago working in his family's restaurant, cooking Thai and Vietnamese cuisine.

Sauces included in this recipe were produced by Northwest Gourmet Foods. For a full list of sauce ingredients, please visit agr.wa.gov/services/food-access/cookwa

4 or 6 

Double the measurements for 4 servings or triple them for 6 servings, and use bigger pots, pans, and bowls.



WE WANT TO KNOW WHAT YOU THINK!

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Washington
State Department of
Agriculture

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PREP

- Thaw ground meat in fridge 1-2 days before planned meal.

MAKE STIR-FRY

1

- Bring 2 cups of water to boil in a medium saucepan.
- Stir in the rice and let the water return to a light simmer.
- Stir again. Cover the pot and turn the heat down to low so the rice simmers lightly.
- After 17 minutes, check to see if the rice is tender and all of the liquid is absorbed. *If not absorbed, keep cooking on low for up to 25 minutes total.*

2

- While rice is cooking, dice onions into small blocks.
- Use a sharp knife to slice off the thick base of the bok choy stem just above where the base of the leaves connect. *(Dirt tends to collect towards the base of each stalk.)*
- Rinse each individual stalk under cold running water, gently rubbing the leaves together to remove any dirt. Dry the stalks.
- In a large pan with oil on medium heat, cook chopped onions until translucent.

3

- Add ground meat and stir until crumbly and no longer pink.
- Stir in bok choy and half of the kalbi sauce.

4

- Add additional kalbi sauce to taste, then cook until bok choy is slightly wilted.

PLATE

- Serve stir-fry over the cooked rice..



1



2



3



4



Cook Washington (Cook WA) provides ingredients and recipes to families in need across Washington State. This pilot project aims to increase access to fresh healthy food, while teaching families new ways to prepare and enjoy delicious meals at home. Cook WA is a project of the Washington State Department of Agriculture's (WSDA) Food Assistance Program.

Photos taken by staff and students from The Evergreen State College's Photoland: Carrie Chema, Gail Dillon-Hill, Kai Couch and Mich Beuvink.

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Nutrition Facts		
Serving Size		1 Serving
Amount Per Serving		Calories 604
% Daily Values*		
Total Fat	22.89g	29%
Saturated Fat	8.192g	41%
Polyunsaturated Fat	0.276g	
Monounsaturated Fat	0.376g	
Cholesterol	100mg	33%
Sodium	1202mg	52%
Total Carbohydrate	48.4g	18%
Dietary Fiber	2g	7%
Sugars	18.4g	
Includes 32g Added Sugars		64%
Protein	44.59g	
Calcium	50mg	4%
Iron	1.34mg	7%
Potassium	186mg	4%
Vitamin A	6mcg	1%
Vitamin C	3.5mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.