KOREAN · LUNCH · DINNER

Miyeokguk (Korean Seaweed Soup with Beef)

95 min · Serves 3 · 389 kcal a serve · Video 10:09 · Maangchi

Gluten-free ingredients · Dairy-free · Nut-free

Each serve has about 110 g of beef brisket, giving about 34 g of protein and plenty of zinc and vitamin B12, in a light seaweed broth with no added sugar.

Diet notes: Low carb (6.2 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more.

Scan for the video, full nutrition and more free recipes

Ingredients 6 · SERVES 3

- [ ] 16 g **dried miyeok** (sea mustard seaweed), soaked in cold water for 30 minutes
- [ ] 1.9 L **water**
- [ ] 454 g **beef brisket**, cut into thin, small pieces
- [ ] 4 **garlic** cloves, minced
- [ ] **Fish sauce**: 1 tbsp plus 2 tsp fish sauce
- [ ] 2 tsp **toasted sesame oil**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Fish, Sesame. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Soak the dried miyeok in cold water for 30 minutes. Rinse, squeeze out the excess water and cut it into bite-size pieces. 1:52
2. Put the miyeok in a large, heavy pot with 1.9 L of water, cover and boil over medium-high heat for about 12 minutes. 3:07
3. Add the thinly sliced brisket, turn the heat down to medium, cover and simmer for 40 minutes. 5:41
4. Stir in the garlic and fish sauce and cook 10 minutes more, until the beef is tender. 6:28
5. Turn off the heat, stir in the sesame oil and serve hot. 7:40

> **Tip** Maangchi serves it with rice, kimchi and other side dishes. For a seafood version swap the beef for fresh mussels or clams. Keeps up to 4 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
389 kcal	34 g	6.5 g	0.4 g	25 g	1,300 mg
1,630 kJ	68% of a day	6.2 g net · 0.8 g sugars	1% of a day	8.9 g saturated	56% of a day
		2% of a day		32% of a day	

Energy from net carbs 6% · protein 35% · fat 59% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 120% · Zinc 75% · Selenium 47% · Folate 29% · Vitamin B6 25% · Magnesium 24% · Iron 23%

Source of (10–19%) Omega-3 10%

⚠ One serve has about 56% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=znpwSp0Ro2I, published 15 February 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/miyeokguk-beef-seaweed-soup