

Preparation time: 20 mins

Serves: 4 people

User Rating: ★★☆☆☆

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Say Aloha to bite after blissful bite.

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Loco Moco is a classic Hawaiian comfort food. This simple, yet satisfying dish by home cook extraordinaire, Camellia Ling Aebischer, starts with a seasoned beef patty covered with an umami mushroom gravy. A fried egg sits delicately on top rounding out this flavourful dinner meal.



Ingredients

- 4 baby bok choy, quartered lengthwise
- 1 tsp salt
- Steamed rice, to serve
- Fried egg, to serve

For the patties

- 500g beef mince
- 1 tsp Worcestershire sauce
- 1 tsp salt
- Pepper, to taste
- 1 clove garlic, grated

For the gravy

- 1 cup mushrooms, sliced
- 1 clove garlic, grated
- 2 cups beef stock
- 1 Tbsp light soy
- 1 Tbsp dark soy
- 2 Tbsp tomato sauce (ketchup)
- 1 tsp Worcestershire sauce
- 2-3 tsp cornstarch, dissolved in a little water

Method

1. If you are cooking rice fresh in a rice cooker, put it on before beginning this recipe.
2. For the beef patties, combine all ingredients in a bowl and mix well to combine. Form into four pucks about the size of an adult palm.
3. Place a large frying pan over medium-high heat. Add the patties and cook for 3-4 minutes on each side, until cooked through. You'll know they are done when they begin to shrink, but try not to let them shrink too much or they will become dry. Set them aside and cover while you prepare the gravy.
4. In the same pan, turn the heat down to medium and add mushrooms and garlic. Fry in the remaining beef fat until the mushrooms are wilted. Take care not to burn. Add the stock, soy sauces and tomato sauce. Bring to a boil, then stir through the cornstarch slurry to thicken.
5. Meanwhile, place the bok choy in a large heat-proof bowl, add 1 tsp salt and cover with boiling water. Stand for 5 minutes, then carefully remove and drain the bok choy.
6. To serve, place steamed rice on a plate, top with beef patty, gravy and add bok choy to the side. If you like you can warm the beef patties by placing them in the gravy a few minutes before serving.