



Everything  
But The Chef

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## Korean Beef Bulgogi with Broccoli

This tasty, sizzling Korean beef fresh from the grill is a joy unparalleled. Delicious marinated beef, pillowy white rice, fresh green broccoli and sweet, juicy pear complete the simple flavours of this classic dish. A sprinkle of bitey spring onions and sesame seeds are the crowning glory of this brilliant twist of the weeknight dinner staple of humble beef mince.

**Prep:** 15 mins  
**Cook:** 25 mins  
**Total:** 40 mins

level 1

lactose free

gluten free †

nut free

helping hands

### Pantry Items

Soy Sauce

Brown Sugar

Sesame Oil

Water

Vegetable Oil



Ginger



Garlic



Beef Mince



Jasmine Rice



Broccoli



Spring Onions



Pear



Sesame Seeds

Qty	Ingredients
4 tbs	salt-reduced soy sauce *
2 tsp	brown sugar *
1 knob	ginger, peeled & finely grated
2 cloves	garlic, peeled & crushed
1 tbs	sesame oil *
600 g	beef mince
1 ½ cups	Jasmine rice
6 cups	water *
1 head	broccoli, cut into very small florets
½ tbs	vegetable oil *
1 bunch	spring onions, finely sliced
1	pear, grated & excess moisture squeezed out
2 tsp	sesame seeds

⊕ May feature in another recipe

\* Pantry Items

**Servings per recipe: 4**

**Nutrition per serve**

Energy	2480	Kj
Protein	39.4	g
Fat, total	17.4	g
-saturated	5.3	g
Carbohydrate	66.9	g
-sugars	7.7	g
Sodium	615	mg

† To ensure this is a gluten free recipe, please check that your sauces & condiments are gluten free.



**You will need:** *chef's knife, chopping board, fine grater, garlic crusher, vegetable peeler, large bowl, plastic/rubber gloves, sieve, medium pot, wooden spoon, colander, and a large saucepan.*

**1** Combine the **salt-reduced soy sauce**, **brown sugar**, **ginger**, **garlic** and the **sesame oil** in a large bowl. Add the **beef mince** and using gloved hands, massage the marinade into the beef mince. Set aside for at least **15 minutes** to marinate.



**2** Place the **Jasmine rice** into a sieve and rinse until the water becomes clear. Place the rice into the large pot with the **water**, a splash of olive oil and a pinch of **salt**. Bring to the boil. Cook it for about **8 minutes**. Add the **broccoli** and cook for a further **2-3 minutes** or until the broccoli is tender and the rice is soft. Remove the broccoli with tongs or a slotted spoon and set aside. Drain the rice.



**3** Meanwhile, heat the **vegetable oil** in a large pan over a medium-high heat. Add the mince mixture and any excess marinade from the bowl and cook, breaking it up with a wooden spoon, for **2-3 minutes** or until browned. Toss in the **spring onion**, **pear** and **sesame seeds** and cook for a further **1-2 minutes**. Stir through the broccoli florets. Remove from the heat.

**4** To serve, divide the pillowy rice between plates and top with the beef bulgogi and broccoli.



**Did you know?** Bulgogi literally translates to 'fire meat' which refers to its quick cooking time, traditionally over an open flame.