

Dinner: Beef Bibimbap Bowl

Lunch: Beef Bulgogi Wraps

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Pea Pods



Mixed Sesame Seeds



Oyster Sauce



Sesame Oil Blend



Mayonnaise



Beef Mince



Ginger Paste

For your lunch



Cucumber



Mini Flour Tortillas



Mixed Salad Leaves



Garlic Aioli

DINNER
Prep in: 35-45 mins
Ready in: 35-45 mins

LUNCH
Ready in: 10 mins

Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. Add classic Asian flavours like ginger, oyster sauce and sesame to beef mince and turn it into a colourful bibimbap for dinner. Use the remainder to make bulgogi wraps for a lunch that beats what you'd grab at the food court.

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Soy Sauce, Brown Sugar, Eggs

Before you start

Remember to wash your hands for 20 seconds.

You'll also need to give your veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
carrot	2	3
pea pods	1 small bag	1 medium bag
mayonnaise	1 medium packet	1 large packet
rice wine vinegar*	½ tsp	1 tsp
beef mince	1 medium packet	1 medium & 1 small packet
mixed sesame seeds	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
oyster sauce	1 large packet (100g)	1 medium packet (50g) & 1 large packet (100g)
soy sauce*	2 tbs	3 tbs
brown sugar*	2 tbs	3 tbs
sesame oil blend	½ packet	1 packet
eggs*	2	4
cucumber	1	1
mini flour tortillas	6	6
mixed salad leaves	1 medium bag	1 medium bag
garlic aioli	2 medium packets	2 medium packets

*Pantry Items

Nutrition

Dinner		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3620kJ (864Cal)	769kJ (184Cal)
Protein (g)	42.9g	9.1g
Fat, total (g)	39.2g	8.3g
- saturated (g)	12.3g	2.6g
Carbohydrate (g)	82.8g	17.6g
- sugars (g)	18.4g	3.9g
Sodium (g)	2240mg	476mg

Lunch		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4040kJ (964Cal)	793kJ (189Cal)
Protein (g)	39.6g	7.8g
Fat, total (g)	57.9g	11.4g
- saturated (g)	8.3g	1.6g
Carbohydrate (g)	66.8g	13.1g
- sugars (g)	18.9g	3.7g
Sodium (mg)	2270mg	446mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Scan here if you have any questions or concerns



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a good pinch of **salt** and bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the veggies & eggs

- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **pea pods** and remaining **carrot**, tossing, until just tender, **2 minutes**.
- Set **veggies** aside on a plate. Cover to keep warm.
- Return pan to a high heat with a drizzle of **olive oil**. Crack in the **eggs** and fry until the yolks are cooked to your liking, **2-3 minutes**.



Get prepped

- Meanwhile, cut **carrot** into thin sticks and reserve two portions for lunch.
- Trim **pea pods** and roughly chop.
- In a small bowl, combine **mayonnaise** and the **rice wine vinegar**. Set aside.

TIP: Grate the carrot, if preferred!



Serve up dinner

- Reserve two portions of beef for lunch.
- Divide garlic rice between bowls. Top each bowl with remaining beef, the cooked veggies and a fried egg.
- Serve with a dollop of the prepped mayo.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When **oil** is hot, cook **beef mince** and **mixed sesame seeds**, breaking up mince with a spoon, until browned, **2-3 minutes**.
- Add **ginger paste** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add **oyster sauce**, the **soy sauce**, the **brown sugar** and **sesame oil blend** (see ingredients) and stir until bubbling, **1-2 minutes**. Transfer to a bowl and cover to keep warm.

TIP: For best results, drain the oil from the pan before adding the ginger and garlic.



Make lunch

- When you're ready to pack lunch, slice **cucumber** into thin sticks.
- Divide reserved beef between two microwavable containers. Between two more containers, divide **mini flour tortillas**, cucumber, **mixed salad leaves**, reserved carrot and a **garlic aioli** packet. Refrigerate.
- At lunch, microwave beef in **30 second** bursts until heated through. Spread aioli over tortilla wraps, then top with veggies and beef. Roll up wraps to serve. Enjoy!

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