



# KOREAN-STYLE BEEF & VEGGIE BULGOLGI BOWL

with Steamed Rice & Sesame Seeds



Make your own bulgolgi sauce



Ginger



Garlic



Broccoli



Carrot



Brown Onion



Beef Rump



Jasmine Rice



Baby Spinach Leaves



Sesame Seeds



Hands-on: 25 mins

Ready in: 35 mins



Naturally gluten-free

Not suitable for Coeliacs

This sizzling Korean-style beef is a joy unparalleled. The joy of simplicity is the winner in this dish, with the sprinkle of sesame seeds being the crowning glory to this brilliant twist on a weeknight dinner.

**Pantry Staples:** Olive Oil, Soy Sauce (or Gluten Free Tamari Soy Sauce), Brown Sugar, Sesame Oil (Optional)

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan** with a **lid, sieve, fine grater, garlic crusher, large bowl, tongs, box grater, large wok** or **frying pan, wooden spoon** and a **plate**.



## 1 COOK THE RICE

Add the **water (for the rice)** to a medium saucepan and bring to the boil. Rinse the **Jasmine rice** well. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** *Don't lift the lid while the rice is resting so you don't lose any steam!*



## 4 COOK THE BEEF STRIPS

Heat a **drizzle** of **olive oil** in a large wok or frying pan over a high heat. Once hot, use tongs to pick up **1/3** of the **beef strips** (allow the excess ginger-soy mixture to drip back into the bowl) and add to the hot pan. Cook for **1-2 minutes**, or until browned. **TIP:** *Cooking the beef in batches in a hot pan stops it from stewing and ensures a tender result. Set aside on a plate, cover to keep warm and repeat with the remaining beef strips.*



## 2 ADD FLAVOUR TO THE BEEF

While the rice is cooking, finely grate the **ginger**. Peel and crush the **garlic**. Slice the **beef rump** into 0.5 cm strips. In a large bowl, combine the ginger, garlic, **soy sauce, brown sugar, sesame oil** (if using) and **water (for the sauce)**. Add the beef strips to the bowl and toss to coat in the ginger-soy mixture. Set aside to marinate.



## 5 COOK THE VEGETABLES

Return the pan to a high heat and add a **drizzle** of **olive oil** (if needed). Add the **broccoli** and a **dash** of **water** and cook for **3-4 minutes**, or until starting to soften. Add the **carrot** and **brown onion** and cook for a further **3-4 minutes**, or until tender. Return the beef strips to the pan with any **remaining marinade** and toss to coat. Remove the pan from the heat and stir through the **baby spinach leaves** until just wilted.



## 3 GET PREPPED

Chop the **broccoli** into 2 cm florets and slice the stalk into 1 cm batons. Grate the **carrot** (unpeeled). Finely slice the **brown onion**.



## 6 SERVE UP

Divide the steamed rice between plates and top with the Korean-style beef and veggie bulgogi. Sprinkle the **sesame seeds** over the adults' portions.

# ENJOY!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water* (for the rice)	2½ cups
Jasmine rice	2 packets (1½ cups)
ginger	1 knob
garlic	2 cloves
beef rump	1 packet
soy sauce* (or gluten free tamari soy sauce)	½ cup
brown sugar*	2 tbs
sesame oil* (optional)	1 tbs
water* (for the sauce)	¼ cup
broccoli	1 head
carrot	1
brown onion	1
baby spinach leaves	1 bag
sesame seeds	1 packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2400kJ (574Cal)	427kJ (102Cal)
Protein (g)	39.2g	7.0g
Fat, total (g)	12.2g	2.2g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	73.3g	13.0g
- sugars (g)	11.3g	2.0g
Sodium (g)	1390mg	246mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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