



KOREAN GINGER BEEF

with Sesame Seeds & Broccoli



Make your own
Korean sauce



Ginger



Garlic



Beef Mince



Jasmine Rice



Broccoli



Spring Onion



Pear



Sesame Seeds

Pantry Staples



Salt-reduced Soy Sauce



Brown Sugar



Sesame Oil



Water



Vegetable Oil

Hands-on: **25 mins**
Ready in: **40 mins**

This sizzling hot Korean ginger beef fresh from the grill is a joy unparalleled. Delicious marinated beef and a sprinkle of bitey spring onions and sesame seeds bring a brilliant twist to the weeknight dinner staple of beef mince.

BEFORE YOU — START

You will need: **medium saucepan, chef's knife, chopping board, vegetable peeler, box grater, large bowl, plastic/rubber gloves, sieve, tongs** or a **slotted spoon, large frying pan** and a **wooden spoon**. Let's start cooking the **Korean Ginger Beef with Sesame Seeds & Broccoli**



1 GET PREPPED

Place the **water** (for the rice) in a medium saucepan and bring to the boil. Peel and finely grate the **ginger**. Peel and finely grate the **garlic**. Cut the **broccoli** into small florets. Finely slice the **spring onion**. Grate the **pear** (unpeeled) and squeeze out any excess moisture.



2 MARINATE THE BEEF

In a large bowl, combine the **salt-reduced soy sauce, brown sugar, ginger, garlic** and the **sesame oil**. Add the **beef mince** and massage the soy mixture into the mince using clean hands until well coated (pop on some gloves, if you like).

This sauce is a staple in Korean-style dishes commonly served in restaurants. It's simple to prepare as the base is made of commonly used pantry staples such as soy sauce, sugar and sesame oil. If you have time, set the mince mixture aside for at least 15 minutes to marinate, this will enhance the flavour and increase tenderness.



3 COOK THE RICE

Meanwhile, rinse the **Jasmine rice** and add to the medium saucepan of boiling water. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes**. Add the **broccoli** and cook for a further **2 minutes**, or until the Jasmine rice and broccoli are tender. Remove the broccoli with tongs or a slotted spoon and set aside. Drain the Jasmine rice.



4 COOK THE BEEF

Heat the **vegetable oil** in a large frying pan over a high heat. Add the **beef mince** to the pan and any excess marinade from the bowl and cook, breaking it up with a wooden spoon, for **3-4 minutes**, or until browned.



5 ADD SOME FLAVOUR

Stir through the **spring onion**, grated **pear** and **sesame seeds** and cook for a further **1-2 minutes** until tender. Stir through the **broccoli** florets. Remove from the heat.



6 SERVE UP

Divide the Jasmine rice between bowls and top with the Korean ginger beef. Dig in!

Enjoy!

4-5 PEOPLE — INGREDIENTS

	4-5P
water* (for the rice)	6 cups
ginger	1 knob
garlic ☺	2 cloves
broccoli	1 head
spring onion	1 bunch
pear	1
salt-reduced soy sauce*	4 tbs
brown sugar*	2 tsp
sesame oil*	1 tbs
beef mince	1 packet
Jasmine rice	2 packets (1 ½ cups)
vegetable oil*	½ tbs
sesame seeds	1 sachet (1 tbs)

*Pantry Items | ☺ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2510kJ (599Cal)	441kJ (105Cal)
Protein (g)	40.4g	7.1g
Fat, total (g)	17.5g	3.1g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	67.0g	11.8g
- sugars (g)	7.8g	1.4g
Sodium (mg)	620mg	109mg

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