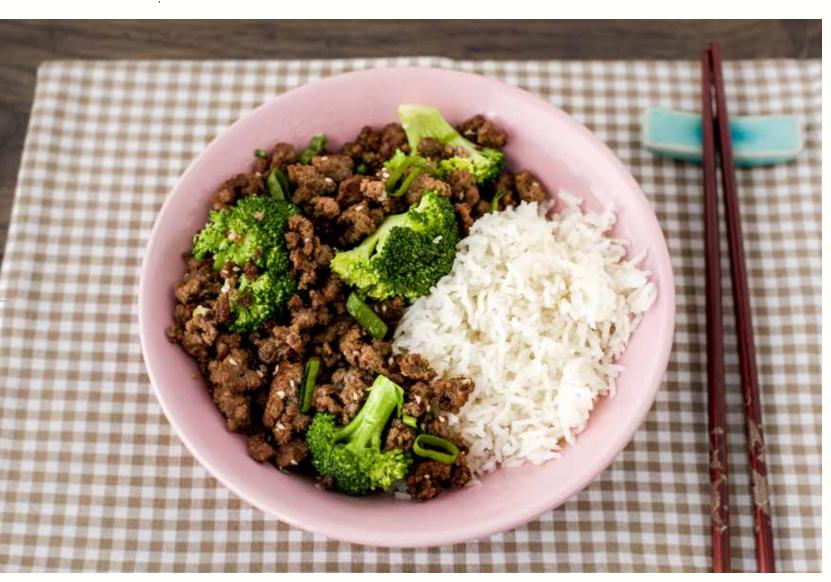


KOREAN GINGER BEEF

with Sesame Seeds & Broccoli







Make your own Korean sauce











Jasmine Rice





Spring Onion





Sesame Seeds

Pantry Staples





Salt-reduced Soy Sauce

Brown Sugar







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.

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



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.



MARINATE THE BEEF
In a large bowl, combine the saltreduced 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.



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.



4-5 PEOPLE

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



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.



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

Enjoy!

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