



DINNER - BEEF BIBIMBAP BOWL

LUNCH - BEEF BULGOGI WRAPS

DINNER TO LUNCH

Cook once,
eat twice!

DINNER



LUNCH



Garlic



Jasmine Rice



Ginger



Carrot



Sugar Snap Peas



Mayonnaise



Beef Mince



Sesame Seeds



Oyster Sauce



Sesame Oil Blend

FOR YOUR LUNCH



Cucumber



Classic Wraps



Mixed Salad Leaves



Garlic Aioli

DINNER
Hands-on: 35-45mins
Ready in: 35-45mins

LUNCH
Ready in: 5-15mins

Cook once, with a twist for lunch. 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 to beef mince and turn it into beef bibimbap for dinner, then use the remainder to make beef bulgogi wraps for lunch. Extra delicious!

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

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE GARLIC RICE
Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add **1/2 the garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice, water** and **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*

2 GET PREPPED
While the rice is cooking, finely grate the **ginger**. Cut the **carrot** (unpeeled) into thin matchsticks (or grate if you'd prefer!) and reserve **two portions** for lunch. Trim the **sugar snap peas** and roughly chop. In a small bowl, combine the **mayonnaise** and **rice wine vinegar**. Set aside.

3 COOK THE BEEF MINCE
Heat a large frying pan over a high heat with a **drizzle of olive oil**. Add the **beef mince** and **sesame seeds** and cook, breaking up with a spoon, until browned, **2-3 minutes**. Add the **ginger** and **remaining garlic** and cook until fragrant, **1 minute**. Add the **oyster sauce, soy sauce, brown sugar** and a **splash of sesame oil blend** and stir until the beef is coated in the sauce, **1-2 minutes**. Set aside in a bowl.



4 COOK THE VEGGIES & EGGS
Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **remaining carrot** and **sugar snap peas** and cook until just softened, **2 minutes**. Transfer to a plate and cover to keep warm. Return the pan to a medium-high heat with a **drizzle of olive oil**. Crack in the **eggs** and fry until the yolks are cooked to your liking, **3-4 minutes**.

5 SERVE UP DINNER
Reserve **two portions** of the **beef mince** for lunch. Divide the **garlic rice, vegetables** and **remaining beef mince** between bowls and top with the fried **eggs** and **mayonnaise**.



6 MAKE LUNCH
When you're ready to pack your lunch, slice the **cucumber** into thin matchsticks. Divide the **reserved beef mince** between two microwavable containers. Divide the **classic wraps, cucumber, mixed salad leaves**, the **reserved carrot** and the packets of **garlic aioli** between two lunch packages. Refrigerate. At lunch, microwave the **beef mince** in **30 second bursts** until heated through. Spread the **garlic aioli** over the wraps and top with the **veggies** and **beef mince**. Roll up and enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water*	1 1/4 cups	2 1/2 cups
salt*	1/4 tsp	1/2 tsp
ginger	1 knob	2 knobs
carrot	2	3
sugar snap peas	1 bag (100g)	1 bag (200g)
mayonnaise	1 packet (40g)	2 packets (80g)
rice wine vinegar*	1/2 tsp	1 tsp
beef mince	1 large packet	1 large & 1 small packet
sesame seeds	1 sachet	2 sachets
oyster sauce	1 packet (100g)	2 packets (150g)
soy sauce*	2 tbs	3 tbs
brown sugar*	2 tbs	3 tbs
sesame oil blend	1 tub (15g)	1 1/2 tubs (22g)
eggs*	2	4
cucumber	1	1
classic wraps	4	4
mixed salad leaves	1 bag (60g)	1 bag (60g)
garlic aioli	2 packets (100g)	2 packets (100g)

*Pantry Items

NUTRITION		
DINNER	PER SERVING	Per 100G
Energy (kJ)	3430kJ (820Cal)	840kJ (201Cal)
Protein (g)	37.9g	9.3g
Fat, total (g)	35.8g	8.8g
- saturated (g)	11.3g	2.8g
Carbohydrate (g)	84.6g	20.7g
- sugars (g)	20.2g	4.9g
Sodium (g)	2610mg	639mg

LUNCH	PER SERVING	Per 100G
Energy (kJ)	3210kJ (767Cal)	770kJ (184Cal)
Protein (g)	32.4g	7.8g
Fat, total (g)	46.9g	11.3g
- saturated (g)	7.9g	1.9g
Carbohydrate (g)	51.3g	12.3g
- sugars (g)	21.3g	5.1g
Sodium (g)	2320mg	557mg

For allergens and ingredient information, visit

[HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

Please call us with any questions or concerns | (02) 8188 8722

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