



KOREAN BEEF BULGOGI BOWL

with Garlic Rice & Sesame Mayo



Make a Korean
bulgogi bowl!



Garlic



Jasmine Rice



Carrot



Snow Peas



Asian Greens



Spring Onion



Ginger



Long Red Chilli
(Optional)



Oyster Sauce



Sesame Oil Blend



Mayonnaise



Mixed Sesame Seeds



Beef Mince

- Hands-on: 20 mins
- Ready in: 35 mins
- Spicy (optional long red chilli)

This sizzling Korean-style beef bowl is a joy unparalleled. Simplicity is the winner here, with a dollop of sesame mayo being the crowning glory on this quick and easy weeknight winner.

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 the **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 has absorbed, **10-15 minutes**.

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



2 PREP THE VEGGIES

While the rice is cooking, cut the **carrot** (unpeeled) into thin matchsticks (or grate if you'd prefer!). Trim and thinly slice the **snow peas** into matchsticks (or trim and roughly chop if you'd prefer!). Roughly chop the **Asian greens**. Thinly slice the **spring onion**. Finely grate the **ginger**. Thinly slice the **long red chilli** (if using).



3 PREP THE SAUCE & MAYO

In a small bowl, combine the **oyster sauce**, **1 tbs of soy sauce**, the **brown sugar** and **1/2 the sesame oil blend**. In another small bowl, combine the **mayonnaise** with the **remaining 2 tsp of soy sauce** and the **remaining sesame oil blend**. **TIP:** Leave the mayo plain for the kids if they'd prefer!



4 COOK THE SESAME VEGGIES

Heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and cook, stirring, until softened, **4-5 minutes**. Add the **snow peas**, **Asian greens**, **mixed sesame seeds** and **1/2 the spring onion** and cook until softened, **1-2 minutes**. Transfer to a plate and cover to keep warm.

5 COOK THE BEEF

Return the frying pan to a high heat with a **drizzle of olive oil**. Add the **beef mince** 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 mixture** and stir until the beef is coated in the sauce, **1-2 minutes**.



6 SERVE UP

Divide the garlic rice between bowls and top with the Korean beef and veggies. Top with the sesame mayo. Garnish the adults' portions with the chilli (if using) and remaining spring onion.

ENJOY!

4-5 PEOPLE INGREDIENTS

4-5P	refer to method
olive oil*	
garlic	6 cloves
butter*	40g
jasmine rice	2 packets
water*	2 1/2 cups
salt*	1/2 tsp
carrot	1
snow peas	1 bag (200g)
Asian greens	1 bunch
spring onion	1 bunch
ginger	1 knob
long red chilli (optional)	1
oyster sauce	1 tub (100g)
soy sauce*	1/2 tbs
brown sugar*	2 tbs
sesame oil blend	1 tub
mayonnaise	1 tub (100g)
mixed sesame seeds	1 sachet
beef mince	1 large packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3530kJ (844Cal)	821kJ (196Cal)
Protein (g)	39.4g	9.2g
Fat, total (g)	37.6g	8.7g
- saturated (g)	11.6g	2.7g
Carbohydrate (g)	85.0g	19.8g
- sugars (g)	20.7g	4.8g
Sodium (g)	2220mg	516mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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