



Korean Beef Bulgogi Bowl

with Garlic Rice & Sesame Mayo

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Broccoli



Spring Onion



Ginger



Teriyaki Sauce



Sesame Oil Blend



Mayonnaise



Mixed Sesame Seeds



Beef Mince



Long Green Chilli (Optional)

- Hands-on: **20-30 mins**
- Ready in: **35-45 mins**
- Spicy (optional long green 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.

Pantry items

Olive Oil, Butter, Brown Sugar, Rice Wine Vinegar, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
broccoli	1 head	2 heads
spring onion	1 stem	2 stems
ginger	1 knob	2 knobs
teriyaki sauce	1 sachet (65g)	1 sachet (130g)
brown sugar*	1 tbs	2 tbs
rice wine vinegar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
sesame oil blend	½ packet (7.5ml)	1 packet (15ml)
mayonnaise	1 packet (40g)	1 packet (100g)
mixed sesame seeds	½ sachet	1 sachet
beef mince	1 packet	1 packet
long green chilli (optional)	½	1

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4228kJ (1010Cal)	726kJ (173Cal)
Protein (g)	46g	7.9g
Fat, total (g)	44.7g	7.7g
- saturated (g)	17.6g	3g
Carbohydrate (g)	89g	15.3g
- sugars (g)	19.6g	3.4g
Sodium (mg)	1341mg	230mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic rice

Finely chop the garlic. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and the **salt**, stir, then 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!



Cook the sesame veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **broccoli**, stirring, until softened, **4-5 minutes**. Add the **mixed sesame seeds** (see ingredients), 1/2 the **spring onion** and the remaining **soy sauce** and cook until fragrant, **1-2 minutes**. Transfer to a plate.

TIP: Add a dash of water to the pan to help speed up the veggie cooking process.



Prep the veggies

While the rice is cooking, thinly slice the **carrot** (unpeeled) into matchsticks (or grate if you prefer!). Cut the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **spring onion**. Finely grate the **ginger**.



Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking it up with a spoon, until browned, **2-3 minutes**. Add the **ginger** and remaining **garlic** and cook until fragrant, **1 minute**. Add the **teriyaki sauce mixture** and stir until the beef is coated in the sauce, **1-2 minutes**.



Prep the sauce & mayo

In a small bowl, combine the **teriyaki sauce**, **brown sugar**, **rice wine vinegar**, 1/2 the **soy sauce** and 1/2 the **sesame oil blend** (see ingredients). Set aside. In a second small bowl, combine the **mayonnaise** with the remaining **sesame oil blend**. Set aside.



Serve up

Thinly slice the **long green chilli** (if using). Divide the garlic rice between bowls and top with the Korean beef and veggies. Top with the sesame mayo. Garnish with the chilli and remaining spring onion.

Enjoy!