



KOREAN BEEF & RAINBOW VEGGIE RICE BOWL

with Roasted Peanuts



Make your own bulgolgi sauce



Spring Onion



Snow Peas



Garlic



Carrot



Beef Strips



Ginger



Jasmine Rice



Baby Spinach Leaves



Sesame Seeds



Roasted Peanuts

Hands-on: **25 mins**
 Ready in: **35 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Korean food is often associated with a certain style of fried chicken, but that's not the only thing they can pack with flavour. This combo of ginger, garlic, soy sauce, brown sugar and sesame oil will create just about the tastiest beef you're likely to eat! Seasonal veggies keep things super fresh too!

Pantry Staples: Olive Oil, Soy Sauce (or Gluten Free Tamari Soy Sauce), Brown Sugar, Sesame Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, sieve, medium saucepan** with a **lid, wooden spoon, fine grater, garlic crusher, large bowl, large frying pan, tongs, plate** and **aluminium foil**.



1 COOK THE RICE

Add the **water (check ingredients list for the amount)** to a medium saucepan and bring to the boil. Rinse the **Jasmine rice** well. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **11-12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** Don't lift the lid while the rice is resting so you don't lose any steam!



4 COOK THE BEEF

Heat a **drizzle of olive oil** in a large frying pan over a high heat. Using tongs, shake off any excess marinade from **1/2 the beef**, then cook in the pan for **1-2 minutes**, or until browned. Set aside on a plate and cover with aluminium foil to keep warm. Repeat with the remaining beef. **TIP:** Cooking the beef in batches will prevent it from stewing.



2 GET PREPPED

While the rice is cooking, finely grate the **ginger**. Peel and crush the **garlic**. Chop the **carrot** (unpeeled) into 1 cm cubes. Trim the **snow peas**. Finely slice the **spring onion** (keep the white and green parts separate).



5 COOK THE VEGETABLES

Return the frying pan to a high heat with a **drizzle of olive oil**. Add the **carrot, snow peas** and **spring onion** (white parts) to the frying pan and cook for **2-3 minutes**, or until just softened. Add the **beef** back to the pan with any **remaining marinade** and cook for **1 minute**, or until the sauce starts to thicken. Stir through the **baby spinach leaves** until just wilted.



3 ADD FLAVOUR TO THE BEEF

In a large bowl, combine the **ginger, garlic, soy sauce, brown sugar** and **sesame oil**. Add the **beef strips** to the bowl and mix well to coat. Set aside to marinate. **TIP:** If you have time, marinate the beef for at least **10 minutes** to maximise the flavour and ensure a tender result.



6 SERVE UP

Divide the rice between plates and top with the Korean beef and rainbow veggies. Sprinkle the **sesame seeds, roasted peanuts** and spring onion (green parts) over the adults' portions.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water*	3 cups
Jasmine rice	2 packets (1½ cups)
ginger	1 knob
garlic	1 clove
carrot	1
snow peas	1 bag
spring onion	1 bunch
soy sauce* (or gluten free tamari soy sauce)	¼ cup
brown sugar*	1 tbs
sesame oil*	2 tbs
beef strips	1 packet
baby spinach leaves	1 bag
sesame seeds	1 packet
roasted peanuts	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2700kJ (646Cal)	496kJ (118Cal)
Protein (g)	43.4g	8.0g
Fat, total (g)	20.6g	3.8g
- saturated (g)	5.0g	0.9g
Carbohydrate (g)	69.5g	12.8g
- sugars (g)	7.4g	1.4g
Sodium (g)	1320mg	241mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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