

Korean Beef Bulgogi Bowl with Garlic Rice & Sesame Mayo



 Hands-on: 20-30 mins Ready in: 25-35 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

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 \cdot Large frying pan

Ingredients

U		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
jasmine rice	1 packet	1 packet
carrot	1	2
Asian greens	1 head	2 heads
spring onion	1 stem	2 stems
ginger	1 knob	2 knobs
teriyaki sauce	1 packet (65g)	1 packet (130g)
brown sugar*	3½ tsp	2½ tbs
rice wine vinegar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
sesame oil blend	1⁄2 packet (7.5g)	1 packet (15g)
mayonnaise	1 packet (40g)	1 packet (80g)
mixed sesame seeds	½ sachet	1 sachet
beef mince	1 packet	1 packet
long green chilli (optional)	1/2	1
beef strips**	1 packet	1 packet

*Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3741kJ (894Cal)	743kJ (178Cal)
Protein (g)	37.7g	7.5g
Fat, total (g)	38.2g	7.6g
- saturated (g)	14.4g	2.9g
Carbohydrate (g)	91.3g	18.1g
- sugars (g)	22.2g	4.4g
Sodium (mg)	1723mg	342mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3488kJ (834Cal)	693kJ (166Cal)
Protein (g)	40g	7.9g
Fat, total (g)	33.4g	6.6g
- saturated (g)	10.8g	2.1g
Carbohydrate (g)	91.3g	18.1g
- sugars (g)	22.2g	4.4g
Sodium (mg)	1717mg	341mg

The quantities provided above are averages only.

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact 2022 | CW03



Cook the garlic rice

- Finely chop 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 **water** and **beef-style stock powder** and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce the heat to low. Cook for 12 minutes, then remove pan from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.



Cook the sesame veggies & beef

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Stir-fry **carrot** until softened, **4-5 minutes**.
- Add Asian greens, mixed sesame seeds (see ingredients), 1/2 the spring onion and remaining soy sauce and cook until fragrant, 1-2 minutes. Transfer to a plate.
- Return the frying pan to a high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until browned, **2-3 minutes**.
- Add ginger and remaining garlic and cook until fragrant, 1 minute. Add teriyaki sauce mixture and stir until beef is coated in sauce, 1-2 minutes.

CUSTOM RECIPE

If you've swapped beef mince for beef strips, return frying pan to a high heat with a drizzle of oil after cooking veggies. Cook beef strips, tossing, until browned and cooked through, 1-2 mins. Continue with step.



Get prepped

- Meanwhile, thinly slice **carrot** into sticks (or grate if you prefer!). Roughly chop **Asian greens**. Thinly slice **spring onion**. Finely grate **ginger**.
- In a small bowl, combine **teriyaki sauce**, the **brown sugar**, **rice wine vinegar**, 1/2 the **soy sauce** and 1/2 the **sesame oil blend** (see ingredients).
- In a second small bowl, combine **mayonnaise** and remaining **sesame oil blend**. Set aside.



Serve up

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

Enjoy!