



# Beef Bulgogi

with fragrant jasmine rice

Calorie Smart 20-25 mins

11



Beef Strips



Sesame Seeds



Jasmine Rice



Ginger



Garlic



Soy Sauce



Scallion



Mushrooms



Onion



BBQ Rub



Ketjap Manis

Pantry Items: Water, Salt, Oil, Pepper, Sugar



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pot with lid

## Ingredients

	2P	4P
Beef Strips	250 g	500 g
Sesame Seeds	1 sachet	2 sachets
Jasmine Rice	150 g	300 g
Ginger	1 unit	2 units
Garlic	2 units	4 units
Soy Sauce	1 sachet	2 sachets
Scallion	2 units	4 units
Mushrooms	250 g	500 g
Onion	1 unit	2 units
BBQ Rub	1 sachet	2 sachets
Ketjap Manis	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>436 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2305.4 kJ/ 551 kcal	528.8 kJ/ 126.4 kcal
Fat (g)	5.2 g	1.2 g
Sat. Fat (g)	2.4 g	0.6 g
Carbohydrate (g)	77.8 g	17.8 g
Sugars (g)	10.6 g	2.4 g
Protein (g)	40.5 g	9.3 g
Salt (g)	2.7 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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### Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for another 12 mins, or until ready to serve (the **rice** will continue to cook in its own steam).



### Fry the Veg

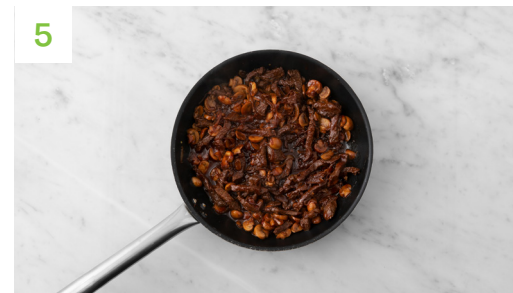
- While the meat marinates, halve, peel and thinly slice the **onion**.
- Roughly chop the **mushrooms**.
- Trim and thinly slice the **scallion**.
- Return the pan to high heat with a drizzle of **oil**.
- When hot, fry the **onion** and **mushrooms** until softened, stirring occasionally, 4-5 mins. Once cooked, remove from the pan, then return the pan to high heat with a drizzle of **oil**.



### Toast the Seeds

- Meanwhile, place a large pan over medium heat (without oil).
- Once hot, dry-fry the **sesame seeds**, stirring regularly, until lightly toasted, 2-3 mins.
- Once toasted, transfer from the pan and set aside (reserve the pan to use later).

**TIP:** Watch them like a hawk—they can burn easily.



### Sear the Beef Strips

- Once the pan is hot, add the **beef strips** (reserve the marinade remaining in the bowl).
- Fry until browned, shifting as they colour, 2-3 mins. **IMPORTANT:** Beef is safe to eat when outside is browned.
- Once the **beef** is browned, add **onions** and **mushrooms** back to the pan along with the reserved marinade and 25ml **water** (double for 4p).
- Cook until warmed through, 1-2 mins.
- Loosen the sauce with a splash of **water** if required. Season with **salt** and **pepper**.



### Marinate the Meat

- Peel and grate the **garlic** (or use a garlic press).
- Peel and grate the **ginger**. Use a teaspoon to scrape away the peel.
- In a large bowl, mix the **ginger, garlic, ketjap manis, soy sauce, BBQ rub, 2 tsp sugar** (double for 4p) and **half** the **sesame seeds**.
- Add the **beef** to the bowl and allow to sit for 5-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat.

**TIP:** Blend the marinade to a smooth paste with a food processor if desired.



### Dish Up

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the **beef** strips and veg.
- Garnish with a sprinkling of **scallion**.
- Finish with a scattering of the remaining **sesame seeds**.

### Enjoy!