



# Beef Bulgogi with fragrant jasmine rice

Family Quick Cook 20-25 mins

6



Beef Strips



Jasmine Rice



Ginger



Garlic



Soy Sauce



Scallion



Mushrooms



Onion



BBQ Rub



Ketjap Manis



Sesame Seeds

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

## 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, lid, pot

## Ingredients

	2P	4P
Beef Strips	250 g	500 g
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
Sesame Seeds	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	458.5 g	100 g
Energy (kJ/kcal)	2347.2 kJ/ 561 kcal	511.9 kJ/ 122.4 kcal
Fat (g)	5 g	1.1 g
Sat. Fat (g)	2.3 g	0.5 g
Carbohydrate (g)	81.3 g	17.7 g
Sugars (g)	10.7 g	2.3 g
Protein (g)	40.1 g	8.7 g
Salt (g)	2.7 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

## Contact

Thumbs up or thumbs down?  
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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 and cover with the lid. Leave to cook for 12 mins.
- Remove the pot from the heat and leave aside for another 12 mins, or until ready to serve (keep covered so the rice can 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. Transfer from pan once cooked.

**TIP:** Give the pan a wipe if you like—you'll be using it again!



### Toast the Seeds

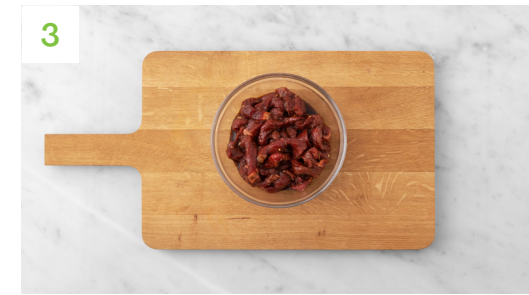
- Meanwhile, place a pan over medium heat (without oil).
- Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins.
- Transfer the seeds from the pan and set aside (reserve the pan to use later).

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



### Make the Bulgogi

- Return the pan to high heat with a drizzle of **oil**.
- Once hot, fry the **beef strips** until browned, 5-7 mins, shifting as they colour. **IMPORTANT:** Beef is safe to eat when outside is browned.
- Add the **onions, mushrooms**, and any remaining marinade to the pan along with 25ml **water** (double for 4p).
- Add a splash of **water** to loosen the sauce if required. Season to taste 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**. Blend to a smooth paste with a food processor if desired.
- Add the **beef** to the bowl and allow to sit for 5-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat.



### Dish Up

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the **beef bulgogi**.
- Garnish with a sprinkle of **scallion** and the remaining **sesame seeds**.

Enjoy!