



# Dinner - Beef Bibimbap Rice Bowl & Fried Eggs

## Lunch - Beef Bulgogi Salad Wraps & Garlic Aioli

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Ginger



Carrot



Broccolini



Mayonnaise



Beef Mince



Sesame Seeds



Oyster Sauce



Sesame Oil Blend

### FOR YOUR LUNCH



Cucumber



Classic Wraps



Mixed Salad Leaves



Garlic Aioli

**DINNER**  
Hands-on: 35-45 mins  
Ready in: 35-45 mins

**LUNCH**  
Ready in: 10 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. Add classic Asian flavours to beef mince and turn it into beef bibimbap for dinner, then use the remainder to make beef bulgogi wraps for lunch. Extra delicious!

### Pantry items

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



## 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	2 packets
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
carrot	2	3
broccolini	1 bunch	1 bunch
mayonnaise	1 packet (40g)	1 packet (100g)
rice wine vinegar*	½ tsp	1 tsp
beef mince	1 large packet	1 large & 1 medium packet
sesame seeds	1 sachet	2 sachets
oyster sauce	1 packet (100g)	2 packets (145g)
soy sauce*	2 tbs	3 tbs
brown sugar*	2 tbs	3 tbs
sesame oil blend	1 packet	1½ packets
eggs*	2	4
cucumber	1	1
classic wraps	4	4
mixed salad leaves	1 bag (60g)	1 bag (60g)
garlic aioli	2 packets (100g)	2 packets (100g)

\*Pantry Items

### Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	3650kJ (873Cal)	792kJ (189Cal)
Protein (g)	45.6g	9.9g
Fat, total (g)	38.1g	8.3g
- saturated (g)	12.3g	2.7g
Carbohydrate (g)	85.8g	18.6g
- sugars (g)	18.6g	4.0g
Sodium (mg)	2210mg	480mg
LUNCH		
Energy (kJ)	3840kJ (917Cal)	740kJ (177Cal)
Protein (g)	41.2g	7.9g
Fat, total (g)	50.7g	9.8g
- saturated (g)	8.4g	1.6g
Carbohydrate (g)	70.7g	13.6g
- sugars (g)	21.9g	4.2g
Sodium (mg)	2520mg	485mg

### Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Please call us with any questions or concerns | (09) 886 9589  
[hello@hellofresh.co.nz](mailto:hello@hellofresh.co.nz)

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## DINNER



### 1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **1/2** the **garlic** and cook 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!



### 4. Cook the veggies & eggs

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **broccolini** and **remaining carrot** and cook until just softened, **4-5 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Crack in the **eggs** and fry until the yolks are cooked to your liking, **3-4 minutes**.

**TIP:** This will give a soft yolk – fry for 6-7 minutes to get a hard yolk.



### 2. Get prepped

While the rice is cooking, finely grate the **ginger**. Thinly slice the **carrot** (unpeeled) into matchsticks (or grate if you prefer!) and reserve **2 portions** for lunch. Trim the **broccolini** and cut into 2cm pieces. In a small bowl, combine the **mayonnaise** and **rice wine vinegar**. Set aside.



### 5. Serve up dinner

Reserve **2 portions** of the **beef mince** for lunch. Divide the **garlic rice** between bowls and serve with the **veggies** and **remaining beef**. Top with fried **eggs** and **drizzle** with the **mayo dressing**.



### 3. Cook the beef mince

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **beef mince** and **sesame seeds** and cook, breaking up with a spoon, until browned, **2-3 minutes**. Add the **ginger** and **remaining garlic** and cook until fragrant, **1 minute**. Add the **oyster sauce, soy sauce, brown sugar** and a **splash** of **sesame oil blend** (see ingredients list) and stir together until the beef is coated in the sauce, **1-2 minutes**. Transfer to a bowl and set aside.



### 6. Make lunch

When you're ready to pack lunch, thinly slice the **cucumber** into matchsticks. Divide the **reserved beef mince** between two microwavable containers. Divide **4 classic wraps**, the **cucumber, mixed salad leaves, reserved carrot** and a packet of **garlic aioli** between two lunch packages. Refrigerate. At lunch, microwave the **beef mince** in **30 second bursts** until heated through. Spread the **garlic aioli** over the **wraps** and top with the **veggies, salad leaves** and **beef mince**. Roll up and enjoy!

Enjoy!