



Korean Beef Bulgogi-Style Slaw

with Asian Slaw, Fried Egg & Soy Mayo

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Sweetcorn



Mayonnaise



Korean Stir-Fry Sauce



Chilli Flakes (Optional)



Asian Slaw Mix



Beef Rump

Prep in: **25-35 mins**
Ready in: **30-40 mins**

Carb Smart

This beef bulgogi bowl is dressing to impress anyone who sits at your table. A rainbow slaw tossed with the sweet and smokey taste of charred sweetcorn holds up the succulent Korean stir-fry sauced beef, wearing nothing less than a creamy soy mayo drizzle. Don't forget the jewel in the ensemble, the fried egg.

Pantry items

Olive Oil, Soy Sauce, Butter, Eggs, Rice Wine Vinegar, Sesame Oil

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
baby spinach leaves	1 small bag	1 medium bag
sweetcorn	½ tin	1 tin
mayonnaise	1 medium packet	1 large packet
soy sauce*	drizzle	drizzle
beef rump	1 packet	1 packet
butter*	20g	40g
Korean stir-fry sauce	½ medium packet	1 medium packet
eggs*	2	4
Asian slaw mix	1 bag (150g)	1 bag (300g)
rice wine vinegar*	drizzle	drizzle
sesame oil*	drizzle	drizzle
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2649kJ (633Cal)	579kJ (138Cal)
Protein (g)	45.2g	9.9g
Fat, total (g)	38.7g	8.5g
- saturated (g)	13g	2.8g
Carbohydrate (g)	15.5g	3.4g
- sugars (g)	13.6g	3g
Sodium (mg)	949mg	207mg

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.



Get prepped

- Finely chop **garlic**. Roughly chop **baby spinach leaves**. Drain **sweetcorn** (see ingredients).
- In a small bowl, combine **mayonnaise** and a drizzle of **soy sauce**. Set aside.



Fry the eggs

- While the beef is resting, wipe out and return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Crack the **eggs** into the pan. Cook until egg whites are firm and the yolks are cooked to your liking, **4-5 minutes**.



Char the corn

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Toss the slaw

- Meanwhile, to the bowl with the charred corn, add **Asian slaw mix**, **baby spinach** and a drizzle of **rice wine vinegar**, **sesame oil** and **olive oil**. Season and toss to coat.



Cook the beef

- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season **beef** with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking.
- In the **last minute** of cook time, add the **butter** and **garlic** and cook until fragrant, **1 minute**.
- Remove from heat, then add **Korean stir-fry sauce** (see ingredients) and turn to coat. Transfer to a plate to rest.

TIP: Pounding the beef ensures that it's extra tender once cooked.



Serve up

- Slice beef.
- Divide Asian slaw and beef between plates. Top with a fried egg.
- Drizzle over soy mayo. Sprinkle with a pinch of **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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