

Korean-Style Beef Bulgogi Bowl

with Garlic Brown Rice, Stir-Fried Veggies & Sesame Mayo

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Beef-Style Stock Powder



Carrot



Spring Onion



Broccoli



Teriyaki Sauce



Mayonnaise



Mixed Sesame Seeds



Ginger Paste



Fresh Chilli (Optional)



Beef Mince

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **20-30 mins**
Ready in: **25-35 mins**

Garlic brown rice piled with stir-fried veggies and beef bulgogi, could this be the new favourite dinner? When we season the beef with a teriyaki sesame sauce mixture then it's certainly a guarantee.

Pantry items

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
brown rice	1 packet	2 packets
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	3 cups	6 cups
butter*	20g	40g
carrot	1	2
spring onion	1 stem	2 stems
broccoli	½ head	1 head
teriyaki sauce	1 medium packet	1 large packet
brown sugar*	1 tbs	2 tbs
rice wine vinegar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
sesame oil*	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet
mixed sesame seeds	½ sachet	1 sachet
beef mince	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
fresh chilli (optional)	½	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3908kJ (934Cal)	726kJ (174Cal)
Protein (g)	36.2g	6.7g
Fat, total (g)	60.6g	11.3g
- saturated (g)	17.5g	3.3g
Carbohydrate (g)	70.1g	13g
- sugars (g)	21.1g	3.9g
Sodium (mg)	1904mg	354mg

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.

We're here to help!

Scan here if you have any questions or concerns



2022 | CW28

1



Cook the garlic brown rice

- Finely chop **garlic**.
- In a medium saucepan, add **brown rice**, **beef-style stock powder** and the **water** and bring to the boil.
- Reduce heat to medium and simmer, uncovered, until rice is soft, **25-30 minutes**. Drain and set aside.
- Add the **butter** and 1/2 the **garlic** to the saucepan and cook over medium heat until fragrant, **1-2 minutes**.
- Return **rice** to the saucepan and stir to combine. Remove from heat.

3



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Stir-fry **carrot** and **broccoli** until softened, **5-6 minutes**.
- Add **mixed sesame seeds** (see ingredients), 1/2 the **spring onion** and remaining **soy sauce** and cook until fragrant, **1-2 minutes**. Transfer to a bowl.
- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until browned, **2-3 minutes**.
- Add **ginger paste** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add **teriyaki sauce mixture** and stir until beef is coated in sauce, **1-2 minutes**.

2



Get prepped

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

Little cooks: Kids can take charge by combining the sauces!

4



Serve up

- Thinly slice **fresh chilli** (if using).
- Divide garlic brown rice between bowls. Top with Korean-style beef and stir-fried veggies.
- Dollop with sesame mayo.
- Garnish with chilli and remaining spring onion to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the spring onion!

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