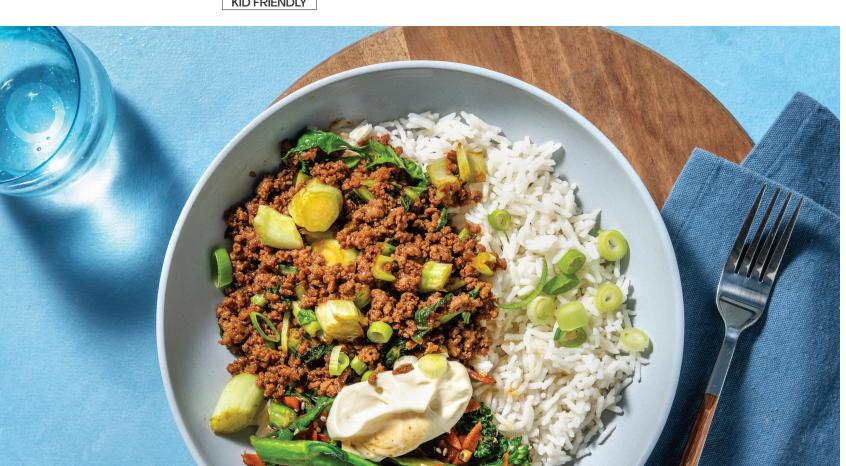


# Korean-Style Beef Bulgogi Rice Bowl with Stir-Fried Veggies & Sesame Mayo

KID FRIENDLY



Grab your Meal Kit with this symbol





Stock Powder





Carrot





Baby Broccoli



Asian Greens

**Spring Onion** 



Teriyaki Sauce



Mayonnaise



Mixed Sesame



**Ginger Paste** 



**Beef Mince** 

**Pantry items** 

Olive Oil, 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 will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
beef-style stock powder	1 sachet (5g)	1 sachet (10g)
jasmine rice	1 packet	1 packet
carrot	1	2
spring onion	1 stem	2 stems
baby broccoli	1 bag	1 bag
Asian greens	1 bunch	2 bunches
teriyaki sauce	1 medium packet	1 large packet
brown sugar*	3½ tsp	2½ 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

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3554kJ (849Cal)	695kJ (166Cal)
Protein (g)	39.3g	7.7g
Fat, total (g)	34.2g	6.7g
- saturated (g)	10.3g	2g
Carbohydrate (g)	91.2g	17.8g
- sugars (g)	22.1g	4.3g
Sodium (mg)	1515mg	296mg

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.



#### Cook the rice

- Add the water and beef-style stock powder to a medium saucepan, then bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove pan from heat and keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

TIP: The rice will finish cooking in its own steam so don't peek!



# Cook the veggies & beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Stir-fry carrot and baby broccoli until softened, 4-5 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 cook until fragrant, 1 minute. Add Asian greens and teriyaki sauce mixture and stir until beef is coated in sauce, 1-2 minutes.



#### Get prepped

- Meanwhile, thinly slice carrot into sticks (or grate if you prefer!). Thinly slice spring onion. Halve baby broccoli lengthways. Roughly chop Asian greens.
- In a small bowl, combine teriyaki sauce, the brown sugar, rice wine vinegar, 1/2 the soy sauce and 1/2 the sesame oil. Set aside.
- In a second small bowl, combine **mayonnaise** and remaining **sesame oil**. Set aside.

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



## Serve up

- Divide rice between bowls. Top with Korean-style beef and stir-fried veggies.
- Dollop with sesame mayo. Garnish with remaining spring onion to serve. Enjoy!

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

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