



# Korean-Style Beef Bulgogi Rice Bowl

with Stir-Fried Veggies & Sesame Mayo

KID FRIENDLY



Grab your Meal Kit with this symbol



Beef-Style Stock Powder



Jasmine Rice



Carrot



Spring Onion



Baby Broccoli



Asian Greens



Teriyaki Sauce



Mayonnaise



Mixed Sesame Seeds



Ginger Paste



Beef Mince

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

Fluffy 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, 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	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
<b>brown sugar*</b>	3½ tsp	2½ tbs
<b>rice wine vinegar*</b>	1 tsp	2 tsp
<b>soy sauce*</b>	1 tbs	2 tbs
<b>sesame oil*</b>	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

\*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](https://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!

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## 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!

## Rate your recipe

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