




More Than Food
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Korean Beef Bulgogi with Ginger Stir Fried Broccoli

Chinese food has been a regular part of the UK diet since we first started eating 'After Eight' mints (admit it, you ate them too!). Korean food on the other hand isn't so well known. We're absolutely in love with their flavours and aside from Kimchi (super trendy right now!), Bulgogi is practically a national dish. We've simplified it to within an inch of its life, so you can whip it up in minutes at home.



30 mins



family box



lactose
free



Garlic Clove (6)



Ginger (3 tbsp)



Spring Onion (6)



Broccoli (2)



Soy Sauce (6 tbsp)



Sesame Oil (2 tbsp)



Beef Mince (500g)



Basmati Rice (2 cups)




White Sesame Seeds
(1½ tbsp)

Ingredients

4 PEOPLE ALLERGENS

Garlic Clove, chopped	6	
Ginger, chopped	3 tbsp	
Spring Onion, chopped	6	
Broccoli, florets	2	
Soy Sauce	6 tbsp	Gluten, Soya
Sesame Oil	2 tbsp	Sesame
Beef Mince	500g	
Basmati Rice	2 cups	
White Sesame Seeds	1½ tbsp	Sesame

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Ginger is said to stimulate gastric juices and provide warming and soothing effects for colds and coughs.

Nutrition per serving: Calories: 578 kcal | Protein: 41 g | Carbs: 65 g | Fat: 17 g | Saturated Fat: 4 g

1



1 Peel and finely chop the **garlic**. Peel the **ginger** using the edge of a spoon and very finely chop (or grate). Chop the **spring onions** into micro-thin discs, separating the white and green parts, separate the **broccoli** into florets.

2



2 LH: Mix together the **soy sauce** with 3 tbsp of **sugar** (if you have some) and the **sesame oil**. Add half the **garlic** and two-thirds of the **ginger** and keep stirring until the sugar dissolves. Next stir in the whites of the **spring onions**. **Tip:** This is your **bulgogi** mix.

3



3 Pour half the mixture over the **beef mince**, mix thoroughly and leave for as long as possible. **Tip:** This would be a great step to do well in advance - we left it for an hour and it made a **HUGE** difference to the flavour, but let your appetite make the decision!

6



4 Boil a medium-sized pot of water with ½ tsp of **salt**. Once the water comes to a boil add in the **broccoli**. Bring back to the boil and leave for 2 mins. Lift the **broccoli** from the water and keep to the side - don't throw the water away!

5 Pour out all but 700ml of the boiling **water**. Place your **rice** into

this pot of boiling water and put a lid on. Cook for 10 mins on the lowest heat possible, then remove from the heat for 10 mins. **Tip:** Do not touch the lid until 20 mins are up, to ensure the rice is cooked perfectly.

6 Heat 2 tsp of **oil** on high heat in a frying pan. Once really hot add in your beef **bulgogi** mix and fry for around 4-5 mins until cooked. **Tip:** Patrick slightly undercooked his to keep it really juicy. **Tip:** If you only have a small pan don't overcrowd it - cook the beef in batches to brown it off.

7 Once the beef bulgogi is cooked, remove it from the pan and keep it warm. Drain some of the oil from the pan and get it really hot. Throw in the remaining **garlic** and **ginger** then after 15 seconds add in the **broccoli**. Cook for 2 mins - you want it to be a little crunchy when you eat it.

8 LH: Separate the grains of **rice** with a fork and stir through the greens of the **spring onions**. Serve the bulgogi beef with the **rice**, the **broccoli** on the side, a sprinkling of **sesame seeds** and the rest of the sauce mixture drizzled over the top.