



Bulgogi Beef Bowl

with Pepper, Peanuts and Jasmine Rice

Family 20 Minutes

2



Jasmine Rice



Bell Pepper



Garlic Clove



Beef Mince



Salted Peanuts



Bulgogi Sauce



Soy Sauce



Mango Chutney

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve, lid, garlic press, frying pan and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Bell Pepper***	1	2	2
Garlic Clove**	1	1	2
Beef Mince**	240g	360g	480g
Salted Peanuts 1)	25g	40g	50g
Bulgogi Sauce 11)	75g	120g	150g
Soy Sauce 11) 13)	15ml	25ml	30ml
Mango Chutney	40g	60g	80g

Pantry	2P	3P	4P
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	356g	100g
Energy (kJ/kcal)	3232 / 772	907 / 217
Fat (g)	28.3	7.9
Sat. Fat (g)	9.7	2.7
Carbohydrate (g)	94.4	26.5
Sugars (g)	29.8	8.4
Protein (g)	37.1	10.4
Salt (g)	3.30	0.84

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Get Crushing

- Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.



Prep Time

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).



Bring on the Bulgogi

- Once the **mince** is cooked and the **veg** is soft, stir in the **bulgogi**, **soy sauce**, **ketchup** and **water for the sauce** (see pantry for both amounts). **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Bring to a boil, then reduce the heat and simmer for 1-2 mins.
- Remove from the heat and stir in the **mango chutney**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Fry the Mince and Pepper

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and fry until starting to brown, 2-3 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- Add the **sliced pepper** and a drizzle of **oil** if needed. Stir-fry until just soft, 3-4 mins.
- Stir in the **garlic** and cook until fragrant, 30 secs.



Serve

- When everything's ready, fluff up the **rice** with a fork, then spoon into your bowls.
- Top with the **bulgogi beef** and garnish with the **peanuts** for those who'd like them.

Enjoy!