



# Korean Style Gochujang Beef Rice Bowl

with Sesame Green Beans and Pickled Carrot

27

Calorie Smart 30-35 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Jasmine Rice



Carrot



Rice Vinegar



Garlic Clove



Green Beans



Roasted White Sesame Seeds



Beef Mince



Gochujang Paste



Soy Sauce



Honey

**Pantry Items**

Oil, Salt, Pepper, Sugar

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Saucepan, lid, peeler, bowl, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	100g	150g	200g
Carrot**	1	2	2
Rice Vinegar	17ml	22ml	44ml
Garlic Clove**	2	3	4
Green Beans**	150g	200g	300g
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g
Beef Mince**	240g	360g	480g
Gochujang Paste <b>11)</b>	50g	80g	100g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Honey	15g	23g	30g

Pantry	2P	3P	4P
Water for the Rice*	200ml	250ml	300ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2432 / 581	678 / 162
Fat (g)	22.3	6.2
Sat. Fat (g)	9.0	2.5
Carbohydrate (g)	62.4	17.4
Sugars (g)	19.2	5.3
Protein (g)	34.7	9.7
Salt (g)	3.35	0.93

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

**Point™ values based on low-cal cooking spray oil.**

## Allergens

**3)** Sesame **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

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Bring on the Beef

Pop the (now empty) frying pan back on medium-high heat - no need to clean as any remaining **sesame seeds** in the pan will add to the flavour.

Add the **beef mince** and fry until browned, 5-6 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. It's cooked when no longer pink in the middle.



## What a Pickle

Meanwhile, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Pop the **carrot ribbons** into a small bowl and add the **rice vinegar** and **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix together, then set your **pickle** aside.

Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**.



## Spice Things Up

Add the **garlic** to the **beef** and cook for 1 min.

Stir through the **gochujang paste**, **soy sauce**, **honey** and **water for the sauce** (see pantry for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins.



## Stir-Fry the Beans

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Turn the heat down to medium, then add **half** the **garlic** and stir-fry for 1 min. Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins.

Sprinkle over the **sesame seeds** and stir-fry for 1 min more. Season with **salt** and **pepper**.

Transfer the **beans** to a bowl and cover to keep warm.



## Serve

When everything's ready, fluff up the **rice** with a fork and stir through the **carrot pickling liquid**, then share between your bowls.

Top with the **gochujang beef**, **sesame green beans** and **pickled carrot** in separate sections.

## Enjoy!



Weight Watchers