

# Bulgogi Beef Bowl with Jasmine Rice, Pepper and Peanuts

20 Minutes









Garlic Clove



Bell Pepper





Salted Peanuts

**Beef Mince** 



Bulgogi Sauce



Soy Sauce

## 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

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

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Salted Peanuts 1)	25g	40g	50g
Beef Mince**	240g	360g	480g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Bulgogi Sauce 11)	100g	150g	200g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Pantry	2P	3P	4P
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 quarantee you get the best quality pepper.

#### Nutrition

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Typical Values	Per serving	Per 100g
for uncooked ingredient	346g	100g
Energy (kJ/kcal)	3090 /739	894/214
Fat (g)	29.3	8.5
Sat. Fat (g)	9.8	2.8
Carbohydrate (g)	82.9	24.0
Sugars (g)	18.6	5.4
Protein (g)	38.1	11.0
Salt (g)	2.70	0.78

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

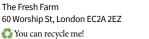
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

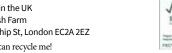
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

#### Contact

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## Cook the Rice

- a) Boil a half-full kettle.
- b) Pour the boiled water into a large saucepan with 1/4 tsp salt on high heat.
- c) Add the rice and cook for 12-13 mins.
- d) 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.



## **Prep Time**

- a) Meanwhile, halve the bell pepper and discard the core and seeds. Slice into thin strips.
- **b)** Peel and grate the **garlic** (or use a garlic press).
- c) Crush the peanuts in the unopened sachet using a rolling pin.



## Time to Fry

- a) Heat a large frying pan on medium-high heat (no oil).
- **b)** Once hot, add the **beef mince** and **pepper**. Fry until the **mince** has browned and **pepper** has softened, 5-6 mins.
- c) Use a spoon to break up the mince as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



#### Add the Flavour

- a) When the mince has browned, drain and discard any excess fat. Season with salt and pepper. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- b) Stir in the Indonesian style spice mix and garlic. Cook until fragrant, 1 min.



### Bring on the Bulgogi

- a) Add the bulgogi, soy sauce and water for the **sauce** (see pantry for amount). Stir to combine.
- b) Bring to a boil, then reduce the heat and simmer until reduced slightly, 2-3 mins.
- c) Taste and season with salt and pepper if needed. Remove from the heat.



#### Serve

- a) When everything's ready, fluff up the rice with a fork, then share between your bowls.
- b) Top with the bulgogi beef.
- c) Garnish with the peanuts for those who'd like them.

# Enjoy!