



# Bulgogi Beef Bowl

with Jasmine Rice, Lime and Peanuts

**Quick** 20 Minutes • **Mild Spice** • 1 of your 5 a day

13



Jasmine Rice



Bell Pepper



Lime



Garlic Clove



Salted Peanuts



British Beef Mince



Indonesian Style Spice Mix



Bulgogi Sauce



Soy Sauce

**Pantry Items**

Oil, Salt, Pepper

## 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
Lime**	½	1	1
Garlic Clove**	2	3	4
Salted Peanuts <b>1)</b>	25g	40g	50g
British Beef Mince**	240g	360g	480g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Bulgogi Sauce <b>11)</b>	150g	225g	300g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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, orange or green to guarantee you get the best quality pepper.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3285 / 785	841 / 201
Fat (g)	30.5	7.8
Sat. Fat (g)	9.9	2.5
Carbohydrate (g)	90.7	23.2
Sugars (g)	26.8	6.9
Protein (g)	36.9	9.5
Salt (g)	3.13	0.80

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

## Contact

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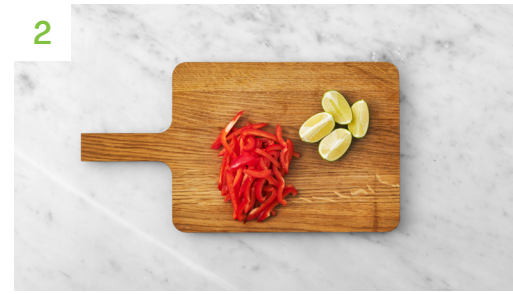
## Cook the Rice

- 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.



## Add the Flavour

- 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.
- Stir in the **Indonesian style spice mix** and **garlic**. Cook until fragrant, 1 min.



## Prep Time

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



## Bring on the Bulgogi

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



## Time to Fry

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



## Serve

- When everything's ready, fluff up the **rice** with a fork, then share between your bowls.
- Top with the **bulgogi beef**. Serve with any remaining **lime wedges** alongside for squeezing over.
- Garnish with the **peanuts** for those who'd like them.

## Enjoy!