

Super Quick Bulgogi Beef

with Sugar Snaps, Jasmine Rice and Peanuts

Super Quick 10-15 Minutes







Jasmine Rice

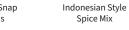






Sugar Snap







Mango Chutney



Bulgogi Sauce



Soy Sauce



Salted Peanuts

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 and frying pan.

Ingredients

| 3 | | | | |
|-------------------------------------|----------|----------|-----------|--|
| Ingredients | 2P | 3P | 4P | |
| Jasmine Rice | 150g | 225g | 300g | |
| British Beef Mince** | 240g | 360g | 480g | |
| Sugar Snap Peas** | 80g | 150g | 150g | |
| Indonesian Style Spice Mix | 1 sachet | 1 sachet | 2 sachets | |
| Mango Chutney | 40g | 60g | 80g | |
| Bulgogi Sauce 11) | 75g | 100g | 150g | |
| Soy Sauce 11) 13) | 15ml | 25ml | 30ml | |
| Salted Peanuts 1) | 25g | 40g | 50g | |
| Pantry | 2P | 3P | 4P | |
| Tomato Ketchup* | 2 tbsp | 3 tbsp | 4 tbsp | |
| *Not Included **Store in the Fridge | | | | |

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 331g | 100g |
| Energy (kJ/kcal) | 3208 / 767 | 971 /232 |
| Fat (g) | 28.6 | 8.7 |
| Sat. Fat (g) | 9.8 | 3.0 |
| Carbohydrate (g) | 90.9 | 27.5 |
| Sugars (g) | 27.2 | 8.2 |
| Protein (g) | 38.4 | 11.6 |
| Salt (g) | 3.17 | 0.96 |
| | | |

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 Rice

- Boil a half-full kettle.
- Pour it into a saucepan with 1/4 tsp salt on high heat.
- Boil the rice, 12-13 mins.
- Once cooked, drain. Pop back in the pan and cover.



Get Frying

- Meanwhile, heat a drizzle of oil in a frying pan on high heat.
- Once hot, fry the beef mince, sugar snaps and Indonesian style spice mix,
 5-6 mins. Break up the mince as it cooks.
- Drain the fat. Season with **salt** and **pepper**. **IMPORTANT**: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Sauce Time

- Stir in the mango chutney, bulgogi, soy and ketchup (see pantry).
- Simmer, 1-2 mins.



Dinner's Ready!

- Share the rice between your bowls.
- Spoon over the **bulgogi beef** and **sugar snap peas**.
- Sprinkle over the **peanuts** to finish.

Enjoy!