



# Bulgogi Beef Bowl

with Green Beans, Peanuts and Rice

Family 20 Minutes • 1 of your 5 a day

2



Basmati Rice



Green Beans



Garlic Clove



Beef Mince



Salted Peanuts



Lime



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.

## Cooking tools

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

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Green Beans**	150g	200g	300g
Garlic Clove**	1	1	2
Beef Mince**	240g	360g	480g
Salted Peanuts <b>1)</b>	25g	40g	50g
Lime**	1	1	1
Bulgogi Sauce <b>11)</b>	150g	250g	300g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	409g	100g
Energy (kJ/kcal)	3356/802	821/196
Fat (g)	30.6	7.5
Sat. Fat (g)	10.0	2.4
Carbohydrate (g)	100.5	24.6
Sugars (g)	29.1	7.1
Protein (g)	39.2	9.6
Salt (g)	2.80	0.68

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 full kettle.
- Pour the **boiled water** into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat. Add the **rice** and cook for 10-12 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.



## Garnish Time

- Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.
- Cut the **lime** into wedges.



## Get Prepping

- Meanwhile, trim the **green beans** and cut into thirds.
- 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** and **soy sauce**. **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 squeeze in some **lime juice**. Taste and season with **salt, pepper** and more **lime juice** if needed.



## Fry the Mince and Beans

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **beef mince** and **green beans**. Fry until the mince is starting to brown, 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.
- 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.
- Serve any remaining **lime wedges** alongside for squeezing over.

Enjoy!