



# KOREAN BEEF BULGOGI BOWL

with Toasted Sesame Seeds

SPICY

PRONTO



## HELLO

### GOCHUJANG

Gochujang is a savoury, sweet, and spicy fermented condiment made from chili powder

TIME: 30 MIN



Beef Strips



Garlic



Cornstarch



Green Beans



Sesame Oil



Cremini Mushrooms



Sesame Seeds



Ginger



Green Onions



Rice Vinegar



Soy Sauce



Gochujang



Jasmine Rice

## BUST OUT

- Measuring Cups
- Medium Pot
- 2 Small Bowls
- Large Non-Stick Pan
- Measuring Spoons
- Whisk
- Paper Towel
- Salt and Pepper
- Large Bowl
- Olive or Canola Oil
- Sugar (2 tsp | 4 tsp)

## INGREDIENTS

2-person | 4-person

- Beef Strips 285 g | 570 g
- Garlic 6 g | 12 g
- Cornstarch 9 1 tbsp | 2 tbsp
- Green Beans 170 g | 340 g
- Sesame Oil 8 1 tbsp | 2 tbsp
- Cremini Mushrooms 227 g | 454 g
- Sesame Seeds 8 1 tbsp | 2 tbsp
- Ginger 30 g | 60 g
- Green Onions 2 | 4
- Rice Vinegar 1 tbsp | 2 tbsp
- Soy Sauce 1,4 2 tbsp | 4 tbsp
- Gochujang 1,4 🍷 1 tbsp | 2 tbsp
- Jasmine Rice ¾ cup | 1 ½ cup

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG

Peel the ginger using a spoon's edge - you'll be able to maneuver around the knobby bits more easily!



**1 PREP** Wash and dry all produce.\* In a medium pot, add **1 ½ cups water** (2 ½ cups for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, peel, then mince or grate **garlic**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Quarter **mushrooms**. Thinly slice **green onions**. Cut stems off **green beans**, if needed, then cut in half. Pat **beef** dry with paper towel, then cut into 1-inch pieces. Season with **salt** and **pepper**.



**4 SEAR BEEF** When **sesame** is golden, transfer to a small bowl. Set aside. To the same pan, increase heat to medium-high. Add **1 tbsp oil**, then **beef**. Cook, stirring occasionally, until cooked through, 4-6 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F\*\*) (**NOTE:** Cook beef in 2 batches for 4 ppl, using 1 tbsp oil for each batch!) Remove pan from heat. Transfer **beef** to the large bowl with **gochujang marinade**.

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**2 COOK RICE** Add **rice** to boiling water. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. Meanwhile, heat a large non-stick pan over medium heat. When hot, add **sesame seeds** to the dry pan. Toast, stirring occasionally, until golden, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)



**5 COOK VEGGIES** Heat the same pan over medium heat. When pan is hot, add another **1 tbsp oil** (dbl for 4 ppl), then **mushrooms** and **beans**. Cook, stirring often, until **mushrooms** soften and **beans** are tender-crisp, 7-8 min. Add **marinated beef** and **cornstarch mixture**. Bring up to a boil, then reduce heat to medium-low. Simmer, stirring often, until **sauce** slightly thickens, 2-3 min. Season with **salt** and **pepper**.



**3 MAKE SAUCES** Meanwhile, in a large bowl, whisk together **ginger**, **garlic**, **soy sauce**, **rice vinegar**, **sesame oil**, **gochujang** and **2 tsp sugar** (dbl for 4 ppl). Set aside. In another small bowl, whisk together **1 tsp cornstarch** (dbl for 4 ppl) and **½ cup cold water** (dbl for 4 ppl). Set aside.



**6 FINISH AND SERVE** Fluff **rice** with a fork, then season with **salt**. Divide **rice** between bowls and top with **beef mixture**. Spoon over any **remaining sauce** from pan. Sprinkle over **green onions** and **sesame seeds**.

## DAZZLING!

Sesame seeds are the crowning jewel for this plate!