



Korean-Style Beef Salad

with Pickled Carrots and Cucumbers

Carb Smart

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Ground Beef



Gochujang



Soy Sauce



Spring Mix



Carrot, julienned



Mini Cucumber



White Wine Vinegar



Sesame Seeds

HELLO PICKLED VEGGIES

A quick pickle adds a crisp, vinegary and salty punch!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: 1 tsp
- Medium: 2 tsp
- Extra-spicy: 3 tbsp

Bust Out

Medium bowl, measuring spoons, slotted spoon, large bowl, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Gochujang 🌶️	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Spring Mix	113 g	227 g
Carrot, julienned	56 g	113 g
Mini Cucumber	132 g	264 g
White Wine Vinegar	2 tbsp	4 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Sugar*	1 ½ tsp	3 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount

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Pickle veggies

Cut the **cucumbers** into ½-inch half-moons. Whisk together the **vinegar**, **1 tbsp oil** and **1 tsp sugar** (dbl both for 4 ppl) in a large bowl. Add the **cucumbers** and **carrots**. Stir to combine. Season with **salt** and **pepper**. Set aside.



Make sauce

Whisk together the **soy**, **2 tsp gochujang** (**NOTE:** Reference Heat Guide) and **½ tsp sugar** (dbl for 4 ppl) in a medium bowl. Set aside.



Toast sesame seeds

While the **veggies** pickle, heat a large non-stick pan over medium-high heat. When hot, add the **sesame seeds** to the dry pan. Toast, stirring often, until golden-brown 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a small bowl.



Finish and serve

Add the **spring mix** to the large bowl with the **pickled veggies**. Toss to combine, then divide between plates. Using a slotted spoon, top the **salad** with the **beef**, then drizzle with the **soy-gochujang sauce**. Sprinkle over the **toasted sesame seeds**.

Dinner Solved!



Cook beef

Add **½ tbsp oil** (dbl for 4 ppl), then the **beef** to the same pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Season with **salt** and **pepper**.