



# SIZZLING KOREAN BEEF

with Bok Choy



## HELLO SHANGHAI BOK CHOY

Mild-flavoured Asian greens

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 706



Beef Strips



Shanghai Bok Choy



Green Onions



Garlic



Ginger



Long Red Chili



Jasmine Rice



Soy Sauce



Sesame Oil



Sesame Seeds, toasted

## BUST OUT

- Medium Pot
- Measuring Cups
- Measuring Spoons
- Large Non-Stick Pan
- Small Bowl
- Sugar (1 tbsp | 2 tbsp)
- Salt
- Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Beef Strips 1 pkg (340 g) | 2 pkg (680 g)
- Shanghai Bok Choy 300 g | 600 g
- Green Onions 2 | 4
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Ginger 30 g | 60 g
- Long Red Chili 1 | 2
- Jasmine Rice 1 pkg (170 g) | 2 pkg (340 g)
- Soy Sauce 1,4 1 pkg (3 tbsp) | 2 pkg (6 tbsp)
- Sesame Oil 8 1 pkg (2 tsp) | 2 pkg (4 tsp)
- Sesame Seeds, toasted 8 1 pkg (1 tbsp) | 1 pkg (1 tbsp)

## ALLERGENS

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

- 0 Seafood/Fruit de Mer
- 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

## START STRONG

Scraping ginger with the edge of a spoon is an easy way to peel it! The spoon makes it easy to maneuver around the knobby bits.



**1 PREP** Wash and dry all produce. In a medium pot, bring **1 ½ cups salted water** (double for 4 people) to a boil. Cut the **bok choy** into quarters. Thinly slice the **green onions**. Mince or grate **1 tbsp garlic**. Peel, then mince or grate **1 tbsp ginger** (double for 4 people). Finely chop the **chili** (if using), removing the seeds for less heat.



**2 COOK RICE** Add the **rice** to the boiling water. Reduce the heat to low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 10-12 min.



**3 PREP SAUCE** In a small bowl, combine the **garlic, ginger, soy sauce, sugar**, as much **chili** as you like and **half the green onion**. Season with **pepper**.



**4 COOK BEEF** Meanwhile, heat a large non-stick pan over high heat. Add the **sesame oil**, then the **beef strips**. Cook until browned, 1-2 min per side. (**TIP:** Cook your beef in batches if your pan is too full – this will prevent the beef from steam-cooking.) Transfer to a plate.



**5 COOK BOK CHOY** Add the **bok choy** and **1 tbsp water** (double for 4 people) to the pan. Cook, stirring occasionally, until the bok choy is tender-crisp, 3-4 min. Add the **beef** and **sauce**. Stir until warmed through.



**6 FINISH AND SERVE** Divide the **rice** between plates and top with the **beef and bok choy**. Sprinkle with **sesame seeds, remaining green onion** and any **remaining chili**, if desired.

## SAUCY!

Let that rice soak up all the soy and gingery goodness.