



Beef and Pork Bulgogi-Style Bowls

with Buttered Rice, Corn and Gochujang Mayo

Family Friendly 25-35 Minutes

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

↻ Swap	↻ Swap
Ground Turkey 250 g 500 g	Plant-Based Protein Shreds 200 g 400 g



Ground Beef and Pork Mix 250 g 500 g	Soy Sauce 2 tbsp 4 tbsp
Sesame Oil 1 tbsp 2 tbsp	Green Onion 2 4
Carrot, julienned 56 g 113 g	Garlic, cloves 1 2
Corn Kernels 113 g 227 g	Basmati Rice ¾ cup 1 ½ cups
Gochujang 1 tbsp 2 tbsp	Mayonnaise 2 tbsp 4 tbsp
Baby Spinach 28 g 56 g	

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Pantry items | Unsalted butter, sugar, salt, pepper

Cooking utensils | Measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan

1



Cook rice and corn

• Before starting, wash and dry all produce.

- Add **rice**, **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** to a medium pot.
- Bring to a boil over high heat.
- Once boiling, stir in **corn**, then return to a boil. Reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, thinly slice **green onions**, keeping **white** and **green parts** separate.
- Peel, then mince or grate **garlic**.
- Add **mayo** and **half the gochujang** (use all for 4 ppl) to a small bowl. Season with **salt**, to taste, then stir to combine.

3



Start bulgogi

🔄 Swap | **Ground Turkey**

🔄 Swap | **Protein Shreds**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **sesame oil**, then **beef and pork mix**.
- Cook, breaking up **beef and pork** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard all but **½ tbsp** (1 tbsp) **fat** from the pan.

4



Finish bulgogi

- Add **carrots**, **green onion whites** and **garlic** to the pan with **beef and pork**.
- Cook, stirring occasionally, until **carrots** soften slightly, 2-3 min.
- Add **soy sauce**, **1 tsp** (2 tsp) **sugar**, **½ cup** (¾ cup) **water** and **spinach**.
- Cook, stirring often, until **spinach** wilts and **half the liquid** is absorbed, 2-3 min.
- Season with **pepper**.

5



Finish rice and serve

- Add **2 tbsp** (4 tbsp) **butter** to the pot with **rice** and **corn**. Stir until **butter** melts. Season with **pepper**, to taste.
- Divide **buttered rice and corn** between bowls. Top with **bulgogi**.
- Sprinkle **remaining green onions** over top.
- Dollop with **gochujang mayo**, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Start turkey bulgogi

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef and pork mix****

3 | Start plant-based bulgogi

🔄 Swap | **Protein Shreds**

If you've opted to get **plant-based protein shreds**, cook and plate it the same way as the recipe instructs you to cook and plate the **beef and pork mix**, tossing occasionally until cooked through, 6-8 min.** Disregard instructions to drain excess fat.

** Cook beef-pork mix, turkey and protein shreds to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.