

MARLEY SPOON



Charred Korean Steak

with Radish Slaw



20-30min



2 Portions

You'll find gochujang in a host of addictive Korean dishes. The fermented chilli paste adds umami and delicious lingering heat to dipping sauces, soups or as a marinade to meat. We've coated it on flank steak, a beef cut that loves big flavours, and paired it with a refreshing Asian slaw that you quickly knock up while the steak cooks.

What we send

- sesame oil ¹¹
- grass fed beef flank steak
- white sesame seeds ¹¹
- lemon, radish, carrots
- Korean chilli paste ^{1,6}
- coriander, long green chilli
- red cabbage

What you'll require

- caster sugar
- sea salt flakes
- vegetable oil
- white vinegar

Utensils

- mandoline (optional)
- medium bowl
- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The marinade burns quite easily, so make sure to watch as the steaks cook.

Allergens

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

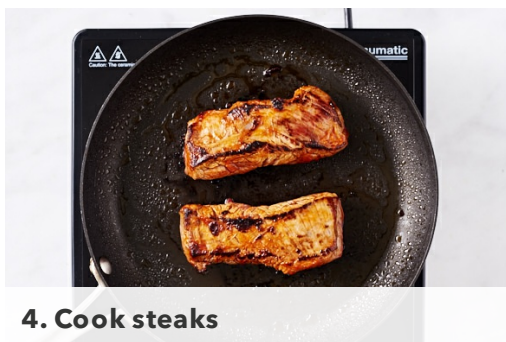
Nutrition per serving

Energy 370kcal, Fat 21.0g, Carbs 7.8g, Proteins 34.2g



1. Marinate steaks

Combine the **chilli paste** with **half the sesame oil** and season with **salt**. Rub all over the **steaks** and set aside until needed.



4. Cook steaks

Heat the **oil** in a medium frypan over medium-high heat. Reduce the heat to medium, add the **steaks** and cook for 2 mins on one side (see cooking tip). Turn over, cover with a lid and cook for a further 2 mins for medium-rare or for longer until cooked to your liking. Remove and set aside for 5 mins to rest.



2. Prepare slaw ingredients

Very thinly slice the **cabbage** and **radishes**, using a mandoline if you have one. Peel the **carrots**, then shred using a julienne peeler or box grater. Halve the **chilli** lengthwise, remove the seeds with a spoon, then thinly slice. Pick the **coriander** sprigs. Cut the **lemon** into wedges.



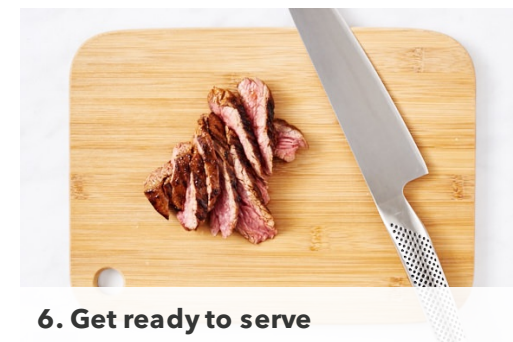
5. Finish slaw

Meanwhile, add the **radishes**, **chilli** and **coriander sprigs** to the bowl with the slaw and toss until well combined.



3. Pickle slaw

Combine the **vinegar**, **sugar** and **remaining sesame oil** in a large bowl. Season with **salt** and stir until the sugar dissolves. Add the **cabbage** and **carrots** and toss until very well combined. Set aside.



6. Get ready to serve

Thinly slice the **steaks** across the grain. Divide the **slaw** and steak among plates. Scatter with the **sesame seeds** and serve with the **lemon wedges**.