

# DINNERLY



⚡ FAST

## Korean Beef Rice Bowl with Capsicum and Baby Spinach



20-30 minutes



2 Servings

Korean food is so big right now. Discover why with this banging gochujang beef and rice bowl and bring knock-out flavour to your table.

## WHAT WE SEND

- beef stir-fry
- 2 tsp sesame oil <sup>11</sup>
- 30g Korean chilli paste <sup>1,6</sup>
- 1 capsicum
- 70g baby spinach leaves
- 150g jasmine rice

## WHAT YOU NEED

- eggs <sup>3</sup>
- garlic clove
- soy sauce <sup>6</sup>
- sugar
- vegetable oil
- water
- white vinegar

## TOOLS

- medium frypan
- sieve
- small saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

We've suggested an amount of Korean chilli paste known as Gochujang for flavour, but if you prefer less heat or have little ones, reduce the chilli paste to taste or omit from the beef marinade.

## ALLERGENS

Gluten (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 785kcal, Fat 32.3g, Carbs 66.4g, Proteins 54.0g



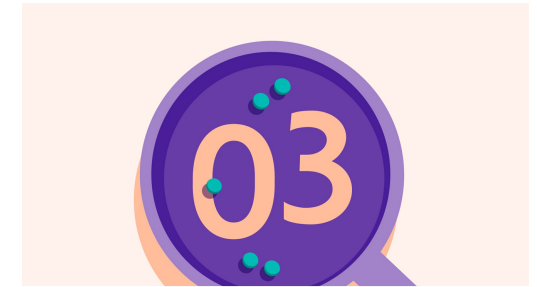
### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



### 2. Marinate beef

Crush or finely chop **2 garlic cloves**. Thinly slice the **capsicum**, discarding the seeds and membrane. Put the **beef**, **2 tsp Korean chilli paste** (see cooking tip) and **1 tsp sesame oil** in a bowl and stir well to combine.



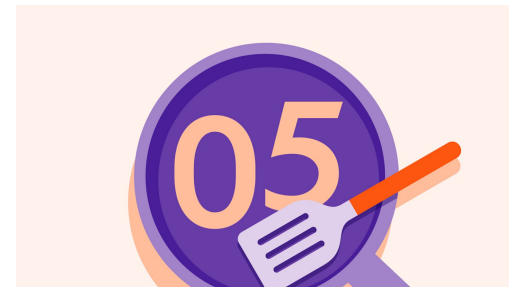
### 3. Stir-fry beef

Heat **1 tbs vegetable oil** in a medium frypan over medium-high heat. Stir-fry the **garlic** and **marinated beef** for 3-4 mins until browned. Add the **capsicum** and stir-fry for 1-2 mins until just tender. Remove the pan from the heat, add the **spinach leaves** and toss to combine. Transfer to a bowl and wipe the pan clean.



### 4. Cook eggs

Heat **2 tsp vegetable oil** in the pan over medium heat. Crack **2 eggs** into the pan and cook for 2-3 mins until the bases are golden and set, but the yolks are still slightly runny.



### 5. Serve up

Put **2 tsp Korean chilli paste**, **1 tsp sesame oil**, **3 tsp soy sauce**, **1 tsp white vinegar**, **1 tbs water** and **a pinch of sugar** in a small bowl and stir until the sugar dissolves. Pour into the rice and using a fork, stir well to combine. Divide the **rice** among bowls. Top with the **beef mixture** and **eggs** to serve.



### 6. Make it yours

Go the full monty and add kimchi as a side. This delicious fermented condiment is not only super yum but rates high in the health stakes.