

# DINNERLY



⚡ FAST

## Korean Beef Rice Bowl with Capsicum and Baby Spinach



20-30 minutes



4 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

- 2 capsicums
- 300g jasmine rice
- beef stir-fry
- 1 tbs sesame oil <sup>11</sup>
- 60g Korean chilli paste <sup>1,6</sup>
- 140g baby spinach leaves

## WHAT YOU NEED

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

## TOOLS

- large frypan
- medium saucepan with lid
- sieve

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 730kcal, Fat 26.7g, Carbs 66.3g, Proteins 52.5g



### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml 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 **3 garlic cloves**. Thinly slice the **capsicums**, discarding the seeds and membrane. Put the **beef**, **1 tbs Korean chilli paste** (see cooking tip) and **2 tsp sesame oil** in a bowl and stir well to combine.



### 3. Stir-fry beef

Heat **2 tbs vegetable oil** in a large 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.



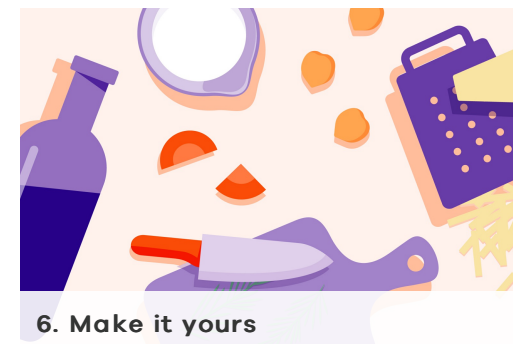
### 4. Cook eggs

Heat **1 tbs vegetable oil** in the pan over medium heat. Crack **4 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 **1 tbs Korean chilli paste**, **2 tsp sesame oil**, **1½ tbs soy sauce**, **2 tsp white vinegar**, **2 tbs water** and **¼ tsp 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.