

# DINNERLY



⚡ FAST

## Beef Bulgogi Stir-Fry with Sesame Rice



20-30 minutes



2 Servings

Up your stir-fry game with this awesome Korean dish. Make a simple bulgogi beef marinade, chop veggies, then flash the lot in a hot wok.

## WHAT WE SEND

- 1 head broccoli
- 1 spring onion
- beef stir-fry
- 150g jasmine rice
- 2 tsp sesame oil <sup>11</sup>
- 1 carrot

## WHAT YOU NEED

- garlic clove
- soy sauce <sup>6</sup>
- sugar
- vegetable oil
- water

## TOOLS

- sieve
- small saucepan with lid
- deep frypan or wok

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

## COOKING TIP

If you don't have a julienne peeler, coarsely grate the carrot or thinly slice into matchsticks. ~The beef doesn't need to be completely cooked at this stage so stick to the quick cooking time given.

## ALLERGENS

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

## NUTRITION PER SERVING

Energy 670kcal, Fat 15.8g, Carbs 72.8g, Proteins 53.1g



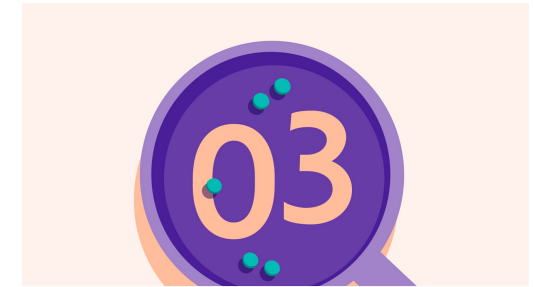
### 1. Cook rice

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. Prep veggies

Meanwhile, cut the **broccoli** stem into 1cm chunks. Cut the broccoli head into small florets. Thinly slice the **spring onion**, keeping the white and green parts separate. Peel, then shred the **carrot** with a julienne peeler (see cooking tip). Finely chop or crush **2 garlic cloves**.



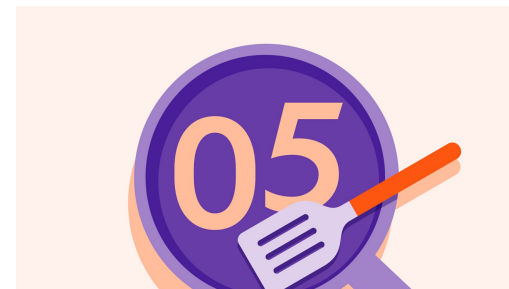
### 3. Stir-fry beef

Put the **garlic**, **1½ tbs soy sauce** and **1 tbs sugar** in a large bowl and stir to combine. Add the **beef** and stir to coat. Heat **2 tsp vegetable oil** in a wok over high heat. Stir-fry the beef for 2-3 mins until browned (see cooking tip). Remove from the pan.



### 4. Add veggies

Heat **2 tsp vegetable oil** in the wok over high heat. Stir-fry the **broccoli** for 2 mins. Add the **white part of the spring onion** and stir-fry for 30 secs. Return the **beef** and any juices to the pan and stir-fry for 2 mins or until the beef is cooked through and the sauce is reduced. Stir through the **carrot** and remove the wok from the heat.







### 5. Serve up

Stir **1 tsp sesame oil** (the remaining sesame oil won't be used in this dish) into the **rice**, then divide among bowls. Top with the **beef bulgogi stir-fry** and scatter with the **green part of the spring onion** to serve.



### 6. Make it yours

Love a little spice? Add Korean chilli paste (gochujang) to the marinade or a good pinch of dried chilli flakes.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     #dinnerly

 Packed in Australia  
from at least 80%  
Australian ingredients