

DINNERLY



⚡ FAST

Beef Bulgogi Stir-Fry with Sesame Rice



20-30 minutes



4 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

- 2 spring onions
- 2 carrots
- 2 tsp sesame oil ¹¹
- 2 heads broccoli
- 300g jasmine rice
- beef stir-fry

WHAT YOU NEED

- garlic clove
- soy sauce ⁶
- sugar
- vegetable oil
- water

TOOLS

- medium saucepan with lid
- sieve
- 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.

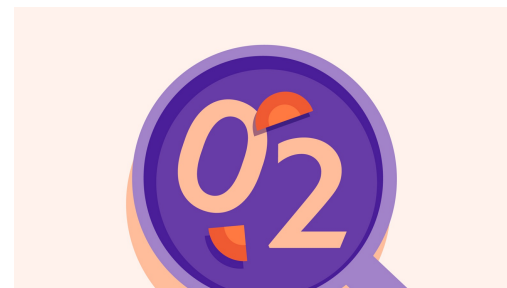
NUTRITION PER SERVING

Energy 665kcal, Fat 15.8g, Carbs 72.8g, Proteins 53.0g



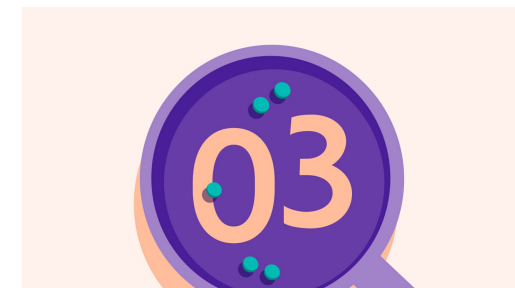
1. Cook rice

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. Prep veggies

Meanwhile, cut the **broccoli** stems into 1cm chunks. Cut the broccoli heads into small florets. Thinly slice the **spring onions**, keeping the white and green parts separate. Peel, then shred the **carrots** with a julienne peeler (see cooking tip). Finely chop or crush **3 garlic cloves**.



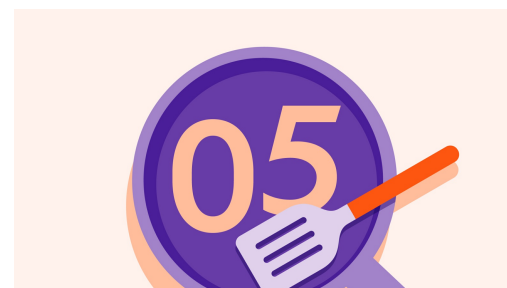
3. Stir-fry beef

Put the **garlic**, **60ml (¼ cup) soy sauce** and **2 tbs sugar** in a large bowl and stir to combine. Add the **beef** and stir to coat. Heat **1 tbs vegetable oil** in a wok over high heat. Stir-fry the beef, in two batches, for 2-3 mins until browned (see cooking tip). Remove from the pan.



4. Add veggies

Heat **1 tbs 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 **2 tsp sesame oil** 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.