



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



#### PRODUCT SPOTLIGHT: SESAME SEEDS

These tiny delicious seeds are packed with essential fatty-acids, protein, phytonutrients and many essential vitamins and minerals.

## 4. BEEF BULGOGI ROLLS

Fresh rice paper rolls filled with Korean marinated beef strips and salad, served with a sesame dipping sauce.

 35 Minutes

 2 Servings

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
40g	25g	44g

2 March 2020

## FROM YOUR BOX

BROWN ONION	1/2 *
BEEF STRIPS	300g
GARLIC	1 clove
SESAME SEEDS	1 packet (20g)
LEBANESE CUCUMBER	1
PURPLE CARROT	1
CARROT	1
SNOW PEA SPROUTS	1/3 punnet *
RICE PAPER ROUNDS	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), white wine vinegar, salt, pepper, sugar (of choice)

## KEY UTENSILS

frypan

## NOTES

Use warm water to soak the rice paper rounds as they will soften more quickly.

Use rice wine vinegar instead of white wine vinegar if you have any.

**No beef option - beef strips are replaced with chicken stir fry strips.** Increase cooking time to 6-8 minutes or until cooked through.



### 1. COOK THE ONION & BEEF

Heat a frypan over medium-high heat with **1/2 tbsp sesame oil**. Slice and add onion. Cook for 5 minutes until softened. Remove from pan and increase heat to high. Cook beef strips for 1-2 minutes. Toss with onion, **1 tsp sugar** and season with **salt and pepper**. Set aside.



### 2. PREPARE THE DIPPING SAUCE

Whisk together **1/2 tsp sugar**, **1 tbsp soy sauce**, **1 tbsp sesame oil**, **1 tbsp vinegar** and **1 tbsp water**. Crush in 1 small garlic clove and stir through sesame seeds.



### 3. PREPARE THE SALAD

Slice cucumber into batons. Ribbon or julienne carrots. Set aside with snow pea sprouts.



### 4. ASSEMBLE THE ROLLS

Place a clean tea towel and shallow dish of water on the table (see notes). Soak one sheet of rice paper in water for 5 seconds. Place on tea towel, leave until soft. Place fillings and beef in the centre of the round. Fold in ends and roll to wrap firmly. Repeat with remaining.



### 5. FINISH AND PLATE

Serve rice paper rolls with dipping sauce.