



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

 4 Servings

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
36g	20g	25g

2 March 2020

FROM YOUR BOX

KONJAC NOODLES	1 packet
BROWN ONION	1/2 *
BEEF STRIPS	600g
GARLIC	1 clove
SESAME SEEDS	1 packet (20g)
CONTINENTAL CUCUMBER	1/2 *
PURPLE CARROTS	2
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

kettle, 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. PREPARE THE NOODLES

Boil the kettle. Drain noodles from packet and rinse. Place in a large bowl and cover with boiling water for 1 minute, or until tender. Drain and rinse under cold water. Set aside.



4. PREPARE THE SALAD

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



2. 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 (in batches) for 1-2 minutes. Toss with onion, **2 tsp sugar** and season with **salt and pepper**. Set



5. 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.



3. PREPARE THE DIPPING SAUCE

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



6. FINISH AND PLATE

Serve rice paper rolls with dipping sauce.