DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Korean Beef with Sticky Rice

Sweet Korean-style beef served with sticky rice, lightly pickled carrot and cabbage, fresh pear and sesame.

25 MINUTES | Beef | 2 SERVINGS

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	26g	88g

FROM YOUR BOX

SUSHI RICE	150g
PEAR	1
GARLIC CLOVE	1
CARROT	1
GREEN CABBAGE	1/4
SPRING ONIONS	1 bunch
BEEF MINCE	300g
SESAME SEEDS (WHITE)	20g

FROM YOUR PANTRY

sesame oil (or other), sugar (brown or other), white wine vinegar, soy sauce, salt, pepper

COOKING TOOLS

frypan, saucepan

You can switch up this dish by serving it in lettuce cups, making fried rice or using the mince to make meatballs.

Before you start cooking!
Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. COOK the STICKY RICE

Rinse **sushi rice.** Place in a saucepan with **325ml water**. Cover and bring to a boil. Reduce heat to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.



2. MAKE the KOREAN SAUCE

Finely grate **1/2 pear** into a bowl. Add **crushed garlic, 1 tbsp sugar, 1/2 tbsp sesame oil, 1/2 tbsp water** and **2 tbsp soy sauce** and combine well.



3. PREPARE the VEGETABLES

Julienne **carrot** and shred **cabbage**. Toss together with **1 tbsp vinegar**, **1 tsp sugar** and a pinch of **salt**.

Thinly slice remaining **pear** and **spring onions.**

tip *Keep the veg separate so everyone can build their own plate.*



4. COOK the BEEF

Heat a frypan with **1/2 tbsp sesame oil** over medium-high heat. Add **beef mince** and cook for 5-7 minutes, breaking it up, until browned.

Add **spring onions** (reserve some for garnish) and **2/3 of the Korean sauce.** Cook for 2-3 minutes.



5. MAKE it STICKY

Add **remaining sauce** and cook for a further minute or until the **beef** is glossy and sticky. Season with **salt and pepper** if needed.



6. FINISH AND SERVE

Divide **sticky rice** among plates.

Serve with **Korean beef, pickled carrot and cabbage** and fresh **pear**. Sprinkle with **sesame seeds** and remaining **spring onions**.