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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 4/6 SERVINGS

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	22g	84g

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
PEAR	1	2
GARLIC CLOVES	2	2
CARROTS	2	3
GREEN CABBAGE	1/4	2 x 1/4
SPRING ONIONS	1 bunch	2 bunches
BEEF MINCE	600g	600g + 300g
SESAME SEEDS (WHITE)	20g	20g

FROM YOUR PANTRY

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

COOKING TOOLS

large 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 **650ml 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.

6P - use 975ml water for the rice.



2. MAKE the KOREAN SAUCE

Finely grate **1/2 pear** into a bowl. Add **crushed garlic, 1 1/2 tbsp sugar, 1 tbsp sesame oil, 1 tbsp water** and **3 tbsp soy sauce** and combine well.

6P - use 1 pear, garlic, 2 tbsp sugar, 2 tbsp sesame oil, 2 tbsp water and 4-5 tbsp soy sauce.



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.**

6P - use 3 tbsp vinegar, 2 tsp sugar and salt to taste.



4. COOK the BEEF

Heat a large frypan with **1 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**.