

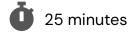




Bulgogi Beef Steak

with Pear Salad

Tender beef steaks tossed with a sweet garlic and sesame dressing, served over sticky sushi rice with a fresh pear salad.





2 servings



Beef

Switch it up!

Instead of making a marinade, you can season the steak with a spice of choice.

Or make a herb and garlic butter to serve with the steak and rice.

FROM YOUR BOX

SUSHI RICE	150g
GARLIC CLOVE	1
PEAR	1
LEBANESE CUCUMBER	1
CARROT	1
BEEF STEAKS	300g
FRIED SHALLOTS	1 packet

FROM YOUR PANTRY

salt, sesame oil, sugar (of choice), soy sauce, apple cider vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

We used brown sugar for the marinade and to pickle the salad.

You can get extra serves out of this dish by bulking it up! Add sliced avocado or radish, chopped peanuts, some pickled cabbaged or kimchi and a fried egg.





1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **350ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.



2. PREPARE THE MARINADE

Combine crushed garlic clove, 1 tbsp sesame oil, 1 tbsp soy sauce, 1/2 tbsp sugar and 1/2 tbsp water in a bowl (see notes). Set aside.



3. PREPARE THE SALAD

Slice pear and cucumbers, and julienne carrot (see notes). Toss with 2 tsp vinegar, 1/2 tsp sugar and a pinch of salt. Set aside.



4. COOK THE STEAK

Heat a frypan over medium-high heat. Coat **steaks** with **2 tsp marinade**. Cook in pan for 3-4 minutes each side or until cooked to your liking. Remove from pan to rest for 1 minute.



5. DRESS THE STEAK

Slice rested **steaks** and toss with remaining **marinade**.



6. FINISH AND SERVE

Divide **rice**, **steak** and **salad** among bowls. Pour remaining **marinade** over steaks. Garnish with **fried shallots**.

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