

**Product Spotlight:  
Radishes**

Pretty and delicious! Store radishes covered in the fridge. If they soften, trim and place them in a bowl of water in the fridge overnight.

The flavour can vary, if they are too strong – slice and place in water for 15 minutes prior to eating!



## Bulgogi Beef Steak with Rice

Tender beef steaks tossed with a sweet garlic and sesame dressing and served with rice and a pickled salad with pear and radishes.



25 minutes



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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	12g	64g

## FROM YOUR BOX

BASMATI RICE	150g
GARLIC CLOVE	1
RADISHES	1 bunch
PEAR	1
LEBANESE CUCUMBER	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.

Use radishes to taste! For any leftovers, trim the leaves and keep in a bowl of water in the fridge. Add to salads, stir-fries or platters!



### 1. COOK THE RICE

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 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

Trim and slice radishes (see notes), pear and cucumbers. Toss with **1/2 tbsp 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 **1/2 tbsp 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. Garnish with fried shallots.



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