



Product Spotlight: Pear

Pears are best eaten with their skin on; it contains an abundance of beneficial nutrients!



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.



25 minutes



4 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
	64g	14g	73g

FROM YOUR BOX

SUSHI RICE	300g
GARLIC CLOVE	1
PEAR	1
LEBANESE CUCUMBERS	2
CARROTS	2
BEEF STEAKS	600g
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 650ml 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**, **2 tbsp sesame oil**, **2 tbsp soy sauce**, **1 tbsp sugar** and **1 tbsp water** in a bowl (see notes). Set aside.



3. PREPARE THE SALAD

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



4. COOK THE STEAK

Heat a frypan over medium-high heat. Coat **steaks** with **1 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. Pour remaining **marinade** over steaks. Garnish with **fried shallots**.



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