

**Product Spotlight:**
Pear

Pears are best eaten with the skin on
- it holds plenty of 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



4/6 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
4/6 Person:	41g	12g	77g

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
GARLIC CLOVE	1	2
PEAR	1	2
LEBANESE CUCUMBERS	2	3
CARROTS	2	3
BEEF STEAKS	600g	600g + 300g
FRIED SHALLOTS	1 packet	2 packets

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.



Scan the QR code to
submit a Google review!



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.

6P – cover rice with 875ml water.



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.

6P – coat steaks with 1–2 tbsp marinade.



2. PREPARE THE MARINADE

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

6P – use 3 tbsp sesame oil, 3 tbsp soy sauce, 1 1/2 tbsp sugar and 1 1/2 tbsp water.



5. DRESS THE STEAK

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



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.

6P – toss with 2 tbsp vinegar, 2 tsp sugar and a pinch of salt.



6. FINISH AND SERVE

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

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

