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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Beef Bulgogi Bowl

A fast and flavour-packed Korean-style bowl with sweet and savoury beef mince, sticky rice, crisp fresh vegetables, and a soy-sesame sauce.



30 minutes



2 servings



Beef

FROM YOUR BOX

SUSHI RICE	150g
CARROT	1
LEBANESE CUCUMBER	1
PEAR	1
GARLIC CLOVE	1
SPRING ONIONS	1 bunch
BUTTON MUSHROOMS	150g
BEEF MINCE	300g

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), sugar (of choice), pepper

NOTES

Try serving the bulgogi beef and rice in lettuce cups for a fresh, fun twist. It's a hands-on, family-friendly way to enjoy the dish – great for build-your-own dinner nights.

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1. COOK THE RICE

Place **rice** in a saucepan, cover with **325ml water**. Cover with a lid and bring to a boil. Reduce to medium–low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

2. PREPARE THE TOPPINGS AND SAUCE

Julienne or grate **carrot**. Slice **cucumber** and **pear**. Set aside.

In a small bowl, combine **crushed garlic clove**, **1/2 tbsp sesame oil**, **1 1/2 tbsp soy sauce**, **1/2 tbsp sugar** and **1 tbsp water**. Set aside.

TIP *You can add sliced radish, capsicum or bean shoots for variety. Add 1 tbsp rice wine vinegar or grated ginger to the sauce for depth.*

3. COOK THE BEEF

Slice **spring onions** (reserve green tops for garnish) and **mushrooms**. Heat a frypan over medium–high heat with **sesame oil**. Add **beef** and cook for 3 minutes until sealed. Add **spring onions** and **mushrooms** along with prepared **sauce**. Cook 6–8 minutes until **sauce** reduces and coats **beef**. Season with **pepper**.

4. FINISH AND SERVE

Divide **rice**, **bulgogi beef** and even amounts of **topping** among bowls. Garnish with reserved **spring onion tops**.

TIP *You can garnish this dish with toasted sesame seeds or dried chilli flakes.*

This recipe has simplified instructions to help lower your meal cost.