

X4



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



4 servings



Beef

FROM YOUR BOX

| | |
|-------------------|---------|
| SUSHI RICE | 300g |
| CARROT | 1 |
| LEBANESE CUCUMBER | 1 |
| PEAR | 1 |
| GARLIC CLOVES | 2 |
| SPRING ONIONS | 1 bunch |
| BUTTON MUSHROOMS | 150g |
| BEEF MINCE | 500g |

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.

1. COOK THE RICE

Place **rice** in a saucepan, cover with **650ml 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 **2 crushed garlic cloves**, **1 tbsp sesame oil**, **2 tbsp soy sauce**, **1 tbsp sugar** and **2 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.