



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



4/6 servings



Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
CARROT	1	2
LEBANESE CUCUMBER	1	2
PEAR	1	2
GARLIC CLOVES	2	3
SPRING ONIONS	1 bunch	2 bunches
BUTTON MUSHROOMS	150g	2 x 150g
BEEF MINCE	600g	600g + 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 **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.

6P – cover rice with 975ml water.

2. PREPARE THE TOPPINGS AND SAUCE

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

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

6P – combine crushed garlic cloves, 2 tbsp sesame oil, 3 tbsp soy sauce, 2 tbsp sugar and 3 tbsp water.

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.