

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Snow Pea Sprouts

The sprouts contain concentrated amounts of certain vitamins and minerals such as calcium, vitamin K, and vitamin C! They are super easy to grow at home and are a great sandwich filler!



3 Bulgogi Beef with Rice & Crispy Shallots

Korean style beef served with rice, a fresh pear salad, crispy shallots and a sesame soy sauce.



20 minutes



4 servings






Beef

6 August 2021

Bibimbap bowls

Bibimbap is a fun and family friendly way of presenting this dinner! The bowls are assembled at the table with a base of rice and topped with beef, lots of fresh and/or sautéed veggies and a soy based dressing. Google bibimbap for inspiration!

FROM YOUR BOX

BASMATI RICE	300g
GARLIC CLOVE	1
SNOW PEAS	1/2 packet (75g) *
PEAR	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1
SNOW PEA SPROUTS	1/2 punnet *
BEEF SCALLOPINI 	600g
SPRING ONIONS	1/2 bunch *
FRIED SHALLOTS	1 packet (30g)
 OYSTER MUSHROOMS	1 packet
 PICKLED WOMBOK	1 jar

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive + sesame oil, pepper, sugar (brown or other), soy sauce, white or red wine vinegar


KEY UTENSILS

saucepan, large frypan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

No beef option – scallopini is replaced with chicken stir fry strips. Cook in the pan with oil for 5–6 minutes. Add sauce and spring onions, cook for further 2–3 minutes.

 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE SAUCE

Combine **1 tbsp sugar, 3 tbsp soy sauce, 1 tbsp vinegar and 2 tbsp sesame oil** in a small bowl. Crush in garlic and stir until sugar dissolves.




3. PREPARE THE SALAD

Trim and halve snow peas. Thinly slice pear, capsicum and cucumber. Toss in a bowl with halved sprouts and dress with **olive oil and vinegar** (optional).



4. COOK THE SCALLOPINI


Heat a large frypan over high heat. Toss scallopini with **oil** and cook in batches for 1 minute on each side or until cooked to your liking. Remove to a plate as you go, reserve pan over medium heat.

 **VEG OPTION** – Slice spring onions and halve larger mushrooms. Add to a large frypan with oil and cook for 5 minutes.



5. WARM THE SAUCE


Slice spring onions and add to heated frypan. Cook for 1–2 minutes then pour in sauce to warm through. Take off heat and return scallopini.

 **VEG OPTION** – Season mushrooms with pepper and pour in sauce. Cook for further 1–2 minutes then take off heat.



6. FINISH AND SERVE

Serve scallopini and pan sauce over rice with side salad. Scatter over fried shallots to taste.

 **VEG OPTION** – Serve oyster mushrooms and pan sauce over rice with side salad and pickled wombok. Scatter over fried shallots to taste.

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