





Bibimbap is a fun and family friendly way

and topped with beef, lots of fresh and/or sautéed veggies and a soy based dressing.

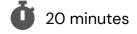
Google bibimbap for inspiration!

of presenting this dinner! The bowls are assembled at the table with a base of rice

Bulgogi Beef

with Rice & Crispy Shallots

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





4 servings



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 \times 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 <u>high</u> 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.

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 O481 072 599 or send an email to hello@dinnertwist.com.au



