





Cooking Made Easy

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Sizzling Sesame Korean Beef with Bok Choy

In his tireless quest for new recipe inspiration, Patrick has been eating at a few Korean restaurants of late and was inspired to knock up this sizzling beef number. The trick is to put your steak in the freezer for 40 minutes before you start and then it's easier to slice wafer thin ribbons for a deliciously tender finish!



40 min



lactose free



Roaming Roosters
Steak



Chinese Soy Sauce



Sugar



Spring Onion



Bok Choy



Sesame Oil



Sesame Seeds



Garlic Clove



Basmati Rice



Ginger

Ingredients

	2P	4P
Roaming Roasters Steak	1	2
Chinese Soy Sauce 1, 2	3 tbsp	5 tbsp
Sugar	1 tbsp	2 tbsp
Spring Onion, chopped	2	4
Bok Choy, shredded	1	2
Sesame Oil 3	½ tbsp	1 tbsp
Sesame Seeds 3	2 tsp	4 tsp
Garlic Clove, diced	½	1
Basmati Rice	200g	400g
Ginger	⅔ tsp	1½ tsp

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Soya | 2) Gluten

3) Sesame

Nutrition per serving: Calories: 520 kcal | Protein: 47 g | Carbs: 40 g | Fat: 18 g | Saturated Fat: 5 g



1 Put your steak in the freezer for 40 mins before you start cooking (essential step!). Peel and finely dice the garlic. Peel the ginger using the edge of a spoon and very finely chop (or grate). Chop the spring onion into micro-thin discs, separating the white and green parts.



2 Mix together the soy sauce with 1 tbsp of sugar and the sesame oil. Add the ginger and garlic and keep stirring until the sugar dissolves. Next stir in the whites of the spring onions.



3 Slice the beef into as many wafer thin slices as you can. Add the beef to the soy sauce mixture, stir thoroughly and leave for as long as possible.

Tip: This would be a great step to do well in advance - we left it for an hour and it made a HUGE difference to the flavour, but let your appetite make the decision!

4 Bring 300ml of water to a gentle boil with ¼ tsp of salt. Place your rice into the 300ml of boiling water and put on a lid. Cook for 10 mins on the lowest heat possible then remove from the heat for 10 mins. Do not touch the lid until 20

mins are up to ensure the rice is cooked perfectly.

5 Boil 3cm of water in another medium sized pot and place a colander over the top.

Tip: The bottom of the colander should not touch the water

Very finely chop ('shred') the bok choy widthways and place in the colander. Put a lid on top and steam the bok choy for 2 mins before keeping to the side.

6 Heat a teaspoon of oil on high heat in a frying pan. Once really hot add a cupful of your beef mix and fry for around 4-5 mins until cooked.

Tip: Patrick slightly undercooked his to keep it really juicy

Tip: Cooking in batches will stop the meat stewing and give you a nicer texture

7 Separate the grains of rice with a fork and stir through the greens of the spring onion. Stir through the bok choy and serve your beef on top with a sprinkle of sesame seeds.