



More Than Food

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Korean Beef Bulgogi with Ginger Stir-Fried Tenderstem

Chinese food has been a regular part of the UK diet since we first started eating 'After Eight' mints (admit it, you ate them too!). Korean food on the other hand isn't so well known. We're absolutely in love with their flavours and aside from kimchi (super trendy right now!) Bulgogi is practically a national dish. We've simplified it to within an inch of its life so you can whip it up in minutes at home.

 30 mins

 lactose free



Garlic Clove



Ginger



Spring Onion



Soy Sauce



Sesame Oil



Beef Mince



Tenderstem Broccoli




Basmati Rice



Sesame Seeds

Ingredients	2P	4P
Garlic Clove, diced	2	4
Ginger, chopped	1 tbsp	2 tbsp
Spring Onion, chopped	2	3
Soy Sauce 1, 2	1½ tbsp	3 tbsp
Sesame Oil 3	½ tbsp	1 tbsp
Beef Mince	250g	500g
Tenderstem Broccoli	1 pack	2 packs
Basmati Rice	1 cup	2 cups
Sesame Seeds 3	½ tbsp	1 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1) Soya | 2) Gluten
3) Sesame

Nutrition per serving: Calories: 896 kcal | Protein: 36 g | Carbs: 98 g | Fat: 39 g | Saturated Fat: 11 g



1 Peel and finely dice the garlic. Peel the ginger using the edge of a spoon and very finely chop (or grate). Chop the spring onions into micro-thin discs, separating the white and green parts.



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



3 Pour the mixture over the beef, mix 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 Boil a medium-sized pot of water with ¼ tsp of salt. Once the water comes to a rapid boil add in the broccoli. Bring back to the boil and leave for one minute. Lift the broccoli from the water and keep to the side - don't throw the water away!

5 Pour out all but 350ml of the boiling water. Place your rice into

this 350ml of boiling water and put a lid on. 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.

6 Heat a tsp of oil on high heat in a frying pan. Once really hot add in your beef bulgogi mix and fry for around 4-5 mins until cooked. *Tip: Patrick slightly undercooked his to keep it really juicy. Tip: If you only have a small pan don't overcrowd it - cook the beef in batches to brown it off.*

7 Once the beef is cooked remove it from the pan and keep it warm. Drain some of the oil from the beef into the pan and get it really hot. Throw in the remaining garlic and ginger then after 15 seconds add in the broccoli. Cook for 2 mins - you want it to be a little crunchy when you eat it.

8 Separate the grains of rice with a fork and stir through the greens of the spring onion. Serve the bulgogi beef with the rice, the broccoli on the side and a sprinkling of sesame seeds on top.