



More Than Food
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Korean Beef Bulgogi with Ginger Stir Fried Broccoli

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

 healthy



Garlic Clove (3)



Ginger (1½ tbsp)



Spring Onion (3)



Broccoli (¾)



Soy Sauce (3 tbsp)



Beef Mince (250g)



Basmati Rice (1 cup)



White Sesame Seeds (¾ tbsp)

Ingredients

2 PEOPLE ALLERGENS

Garlic Clove, chopped	3	
Ginger, chopped	1½ tbsp	
Spring Onion, chopped	3	
Broccoli, florets	¾	
Soy Sauce	3 tbsp	Gluten, Soya
Beef Mince	250g	
Basmati Rice	1 cup	
White Sesame Seeds	¾ tbsp	Sesame

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Ginger has been used for hundreds of years as a traditional antidote to motion sickness, morning sickness and migraine-related nausea.

Nutrition per serving: Calories: 578 kcal | Protein: 41 g | Carbs: 65 g | Fat: 17 g | Saturated Fat: 4 g

1



1 Peel and finely chop 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. Break the **broccoli** into florets.

2



2 Mix the **soy sauce** with 1½ tbsp of **sugar** (if you have some) and ½ tbsp of **oil**. Add half the **garlic** and two-thirds of the **ginger** and keep stirring until the **sugar** dissolves. Next stir in the whites of the **spring onions**. **Tip:** This is your bulgogi sauce mix.

3



3 Pour half your 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!

6



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 cook for 2 mins. Lift your **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 the **rice** into this 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 1 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 your beef bulgogi is cooked, remove it from your pan and keep it warm. Drain some of the oil from your beef back into your pan and get it really hot. Throw in the remaining **garlic** and **ginger**, then after 15 seconds, add in your **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 onions**. Serve your bulgogi beef bulgogi with your **rice**, your **broccoli** on the side, a sprinkle of **sesame seeds** and your remaining bulgogi sauce mixture drizzled over the top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!