

## 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 (3/4)



Soy Sauce (3 thsp)



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	3/4	
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

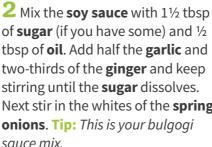
## Did you know...

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

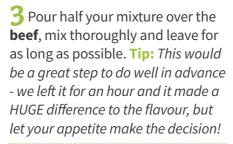
Nutrition per serving: Calories: 578 kcal | Protein: 41 g | Carbs: 65 g | Fat: 17 g | Saturated Fat: 4 g

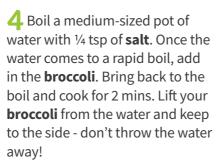


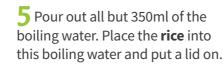
Peel and finely chop the garlic. Peel the **ginger** using the edge of a spoon and very finely chop (or grate). Chop the spring onions into micro-thin discs, separating the white and green parts. Break the broccoli into florets.

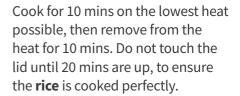












6 Heat 1 tsp of **oil** on high heat in a frying pan. Once really hot add in your beef bulgogi mix and fry for around 4-5 mins until cooked. Tip: Patrick slightly undercooked his to keep it really juicy. Tip: If you only have a small pan don't overcrowd it - cook the beef in batches to brown it off.

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.

**O**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.



