



Ginger Chilli Bulgogi Beef

with Mushrooms, Green Beans and Jasmine Rice

Quick 20-25 Minutes • Mild Spice • 1 of your 5 a day

15



Jasmine Rice



Garlic Clove



Green Beans



Sliced Mushrooms



Ginger Puree



Soy Sauce



Bulgogi Sauce



Slow Cooked Beef



Chilli Flakes

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, saucepan, sieve, lid, garlic press and saucepan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Green Beans**	80g	150g	150g
Sliced Mushrooms**	80g	120g	160g
Ginger Puree	15g	22g	30g
Soy Sauce 11) 13)	15ml	25ml	30ml
Bulgogi Sauce 11)	100g	150g	200g
Slow Cooked Beef**	280g	420g	560g
Chilli Flakes	1 pinch	1 pinch	2 pinches

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	367g	100g
Energy (kJ/kcal)	2603 /622	710 /170
Fat (g)	12.5	3.4
Sat. Fat (g)	4.3	1.2
Carbohydrate (g)	84.4	23.0
Sugars (g)	17.4	4.8
Protein (g)	42.2	11.5
Salt (g)	3.41	0.93

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

11) Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking. Be careful when adding water to hot pans while cooking.

Contact

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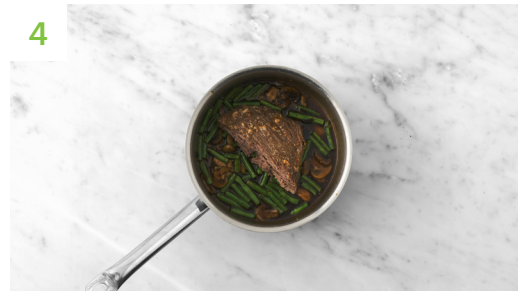
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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



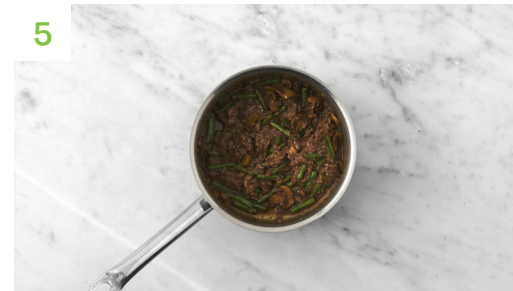
Bring on the Beef

- Once the **mushrooms** have browned, lower the heat and stir in the **garlic** and **ginger puree**. Fry for 30 secs.
- Add the **green beans**, **soy sauce** and **bulgogi sauce**, along with the **slow cooked beef** and its **juices**.
- Bring to the boil and simmer on low with the lid on until tender, 10-15 mins. **IMPORTANT:** *Ensure the beef is piping hot throughout.*



Prep Time

- While the **rice** cooks, peel and grate the **garlic** (or use a garlic press).
- Trim and cut the **green beans** into thirds.



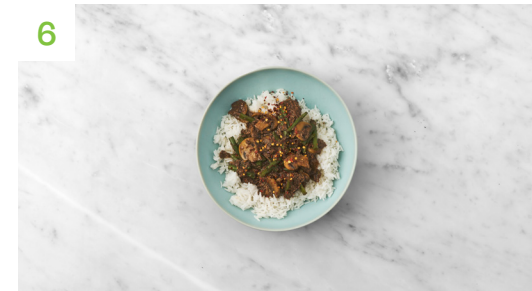
Finishing Touches

- Once tender, remove the lid and gently break up the **beef** into chunks.
- Taste the **sauce** and season with **salt** and **pepper** if needed.
- Add a splash of **water** if you think the **sauce** is a little thick.



Fry the Mushrooms

- Heat a drizzle of **oil** in a large, deep saucepan with a tight-fitting lid on high heat.
- Once hot, add the **mushrooms** to the pan. Season with **salt** and **pepper**.
- Fry, stirring occasionally, until browned, 5-6 mins.



Serve Up

- Fluff up the **rice** with a fork and share between your bowls.
- Spoon over the **bulgogi beef stew**.
- Sprinkle over the **chilli flakes** (use less if you'd prefer things milder) to finish.

Enjoy!