



# Korean Style 21 Day Aged Rump Steak Bibimbap with Pak Choi, Pickled Carrot and Sesame Seeds

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day

15



21 Day Aged Rump Steaks



Jasmine Rice



Carrot



Rice Vinegar



Pak Choi



Garlic Clove



Gochujang Paste



Bulgogi Sauce



Roasted White Sesame Seeds

#### Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise

## 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

Saucepan, lid, peeler, bowl, garlic press, frying pan and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
21 Day Aged Rump Steaks**	2	3	4
Jasmine Rice	150g	225g	300g
Carrot**	1	2	2
Rice Vinegar	15ml	22ml	30ml
Pak Choi**	1	2	2
Garlic Clove**	1	1	2
Gochujang Paste <b>11)</b>	30g	50g	60g
Bulgogi Sauce <b>11)</b>	75g	100g	150g
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2858 / 683	474 / 113
Fat (g)	19.9	3.3
Sat. Fat (g)	3.8	0.6
Carbohydrate (g)	83.3	13.8
Sugars (g)	21.2	3.5
Protein (g)	41.9	7.0
Salt (g)	2.25	0.37

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

## Allergens

**3) Sesame 11) Soya**

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.

## Contact

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## Get the Rice On

Remove the **steaks** from your fridge to allow them come up to room temperature.

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and  $\frac{1}{4}$  **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Bring on the Veg

Pop the (now empty) frying pan back on high heat with a drizzle of **oil**.

Once hot, add the **pak choi** and stir-fry until just soft, 3-4 mins.

Add the **garlic** and stir-fry for 30 secs more. Season with **salt** and **pepper**.

Transfer to a bowl and cover to keep warm.



## Finish your Prep

Meanwhile, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

In a medium bowl, combine the **rice vinegar** and **sugar for the pickle** (see pantry for amount). Season with **salt**, then add the **carrot ribbons**. Mix together well, then set aside to pickle.

Trim the **pak choi**, then separate the leaves. Cut the larger leaves in half lengthways down the middle.

Peel and grate the **garlic** (or use a garlic press).



## Time for the Sauce

Pop the (now empty) pan back on medium heat.

Add the **gochujang paste** (add less if you'd prefer things milder), **bulgogi sauce** and **water for the sauce** (see pantry for amount). Stir together. Bring to a boil, then lower the heat and simmer until thickened, 1-2 mins.

Once thickened, remove from the heat. Add a splash of **water** if it's a little too thick.



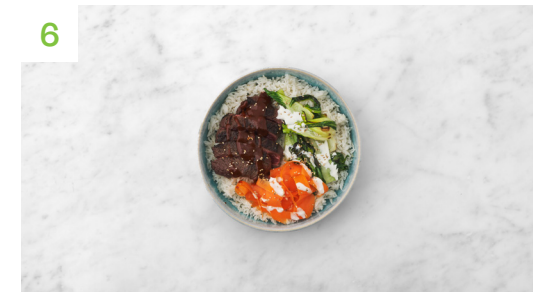
## Fry the Steaks

Heat a drizzle of **oil** in a large frying pan on high heat. Season the **steaks** with **salt** and **pepper**. **TIP:** Rump steaks naturally vary in shape, so adjust the following timings depending on how you like yours cooked.

Once very hot, lay the **steaks** into the pan and fry until browned and medium-rare, about 5 mins. Turn halfway through. **TIP:** Cook each side for 1 min more if you like it more well done.

Once cooked, transfer the **steaks** to a board, cover with foil and allow to rest for a couple of mins.

**IMPORTANT:** Wash your hands and equipment after handling raw meat. The steak is safe to eat when browned on the outside.



## Finish and Serve

Carefully pour the **pickling liquid** from the **carrots** into the **rice**, fluff it up with a fork, then share between your bowls.

Thinly slice the **steak**. Top the **rice** with the **steak**, **pak choi** and **carrot pickle** in separate sections. Spoon the **spicy bulgogi sauce** over the **steak**.

Drizzle the **mayo** over everything (see pantry for amount) and sprinkle on the **sesame seeds** to finish.

Enjoy!