Super Quick Bulgogi Double Beef Bowl

with Pak Choi, Pea Pods, Jasmine Rice and Peanuts

Family Friendly | High Protein | 10 - 15 Minutes • 1 of your 5 a day

7

Jasmine Rice

Pak Choi

British Beef Mince

Young Pea Pods

Indonesian Style Spice Mix

Mango Chutney

Bulgogi Sauce

Soy Sauce

Salted Peanuts

Cooking Tools

Frying Pan, Kettle and Medium Saucepan

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice (g)	150	225	300
Pak Choi** (unit(s))	1	1.5	2
British Beef Mince** (g)	480	720	960
Young Pea Pods** (g)	80	160	160
Indonesian Style Spice Mix (sachet(s))	1	1	2
Mango Chutney (g)	40	60	80
Bulgogi Sauce (g) **11)**	75	100	150
Soy Sauce (ml) **13) 11) 15)**	10	20	20
Salted Peanuts (g) **1)**	25	40	40
Pantry	**2P**	**3P**	**4P**
Tomato Ketchup*(tbsp)	2	3	4

*Not Included **Store in the Fridge*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	510g	100g
Energy (kJ/kcal)	3978/951	779/186
Fat (g)	37.2	7.3
Sat. Fat (g)	14.2	2.8
Carbohydrate (g)	93.4	18.3
Sugars (g)	27.9	5.5
Protein (g)	63.1	12.4
Salt (g)	2.68	0.52

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

Allergens

1) Peanut **11)** Soya **13)** Cereals containing gluten **15)** Wheat

Please note: boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.
Remember to check packaging for the most up-to-date information and allergens.

Use separate utensils for raw and cooked meat (or wash between). Rinse fruit and veg before use. Wash hands before and after prep. Some of our products are previously frozen. Please ensure they are fully defrosted before cooking. Ingredients in red are hot.

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1

Cook Rice

- Boil a half-full kettle.
- Pour it into a saucepan with ¼ **tsp salt** on high heat. Boil the **rice**, 12-13 mins.
- Once cooked, drain. Pop back in the pan and cover.
- Trim the **pak choi**, then separate the leaves. Cut any larger leaves in half lengthways down the middle.

2

Get Frying

- Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **beef mince**, **young pea pods**, **pak choi** and **Indonesian style spice mix**, 5-6 mins. Break up the **mince** as it cooks.
- Drain the fat. Season with **salt** and **pepper**. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.*

3

Sauce Time

- Stir in the **mango chutney**, **bulgogi**, **soy** and **ketchup** (see pantry).
- Simmer, 1-2 mins.

4

Dinner's Ready!

- Share the **rice** between your bowls.
- Spoon over the **bulgogi beef** and **veg**.
- Sprinkle over the **peanuts** to finish.

Enjoy!