



# Bulgogi Beef Bibimbap

with Pickled Carrot, Garlicky Green Beans and Spinach

Classic 25-30 Minutes • Mild Spice • 1 of your 5 a day

5



Garlic Clove



Jasmine Rice



Green Beans



Carrot



Rice Vinegar



Roasted White Sesame Seeds



Baby Spinach



Beef Mince



Bulgogi Sauce



Sriracha

**Pantry Items**  
Sugar, Egg

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, saucepan, lid, vegetable peeler, bowl and frying pan.

## Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Jasmine Rice	150g	225g	300g
Water for the Rice*	300ml	450ml	600ml
Green Beans**	80g	150g	150g
Carrot**	1	2	2
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Roasted White Sesame Seeds 3)	7g	15g	15g
Baby Spinach**	40g	100g	100g
Beef Mince**	240g	360g	480g
Bulgogi Sauce 11)	150g	200g	300g
Egg*	2	3	4
Sriracha	1 sachet	2 sachets	2 sachets

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

## Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	468g	100g
	3562 / 851	762 / 182
Fat (g)	33	7
Sat. Fat (g)	11	2
Carbohydrate (g)	97	21
Sugars (g)	33	7
Protein (g)	41	9
Salt (g)	1.77	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

## 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, 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.

## Contact

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## 1 Make the Garlic Rice

Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat. When the **oil** is hot, add a **third** of the **garlic** and stir-fry until fragrant, 1 min. Stir in the **rice**, **¼ tsp salt** and the **cold water for the rice** (see ingredients for amount) 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).



## 4 Cook the Beef

Meanwhile, heat a drizzle of **oil** in another large frying pan on medium-high heat. When hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.* Stir in the **bulgogi sauce** to glaze the **beef**, then remove from the heat. **TIP:** *Add a splash of water if it's a little thick.*



## 2 Start the Prep

Meanwhile, trim the **green beans**, then cut into thirds. Trim and peel the **carrot**. Use a vegetable peeler to peel long ribbons from all sides of the **carrot**, then stop when you get to the core. In a small bowl, mix together the **rice vinegar** and **sugar** (see ingredients for amount) with a pinch of **salt** and **pepper**. Add the **carrots** to the bowl, then set aside to pickle. Heat a large frying pan on medium heat (no oil). Once hot, add the **sesame seeds** and dry-fry, stirring, until lightly toasted, 2-3 mins. **TIP:** *Watch them like a hawk as they can burn easily.* Transfer to another small bowl and set aside.



## 5 Fry the Eggs

If you are using an **egg**, fry it whilst the **mince** cooks. Heat a drizzle of **olive oil** in the (now empty) **veg** pan on medium-high heat. Once hot, crack in the **eggs** (1 per person) and cook until the **egg white** is cooked and the **yolk** is the firmness you desire, 4-5 mins. Lower the heat as needed.



## 3 Bring on the Veg

Pop the (now empty) frying pan on medium-high heat with a drizzle of **oil**. When hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the remaining **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 3-4 mins. Remove the lid, then add the **spinach** a handful at a time and stir-fry until wilted and piping hot, 2-3 mins. Transfer the **veg** to a large bowl and cover to keep warm.



## 6 Serve

When everything is ready, stir **half** the **sesame seeds** through the **cooked veg**. Share the **rice** between your bowls, then spoon over the **bulgogi beef**, **pickled carrot** and **garlic sesame veg**. Top with a **fried egg**, then finish with a drizzle of **sriracha** and a sprinkle of the remaining **sesame seeds**.

## Enjoy!