



Bulgogi Beef Bowl

with Spinach, Tenderstem® and Jasmine Rice

Family 20 Minutes • 1 of your 5 a day

11



Jasmine Rice



Tenderstem® Broccoli



Garlic Clove



Beef Mince



Salted Peanuts



Lime



Bulgogi Sauce



Soy Sauce



Baby Spinach

Before you start

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

Cooking tools

Saucepan, lid, sieve, garlic press, frying pan and bowl.

Ingredients

	2P	3P	4P
Jasmine Rice	100g	150g	200g
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	1	1	2
Beef Mince**	240g	360g	480g
Salted Peanuts 1)	25g	40g	50g
Lime**	1	1	1
Bulgogi Sauce 11)	150g	250g	300g
Soy Sauce 11) 13)	15ml	25ml	30ml
Baby Spinach**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	369g	100g
Energy (kJ/kcal)	2969 / 710	805 / 193
Fat (g)	30.2	8.2
Sat. Fat (g)	9.9	2.7
Carbohydrate (g)	75.4	20.5
Sugars (g)	27.2	7.4
Protein (g)	34.8	9.4
Salt (g)	2.73	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 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, 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



Cook the Rice

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

2



Get Prepped

- Meanwhile, halve any thick **broccoli stems** lengthways.
- Peel and grate the **garlic** (or use a garlic press).

3



Fry Time

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When the **oil** is hot, add the **beef mince** and cook until starting to brown, 2-3 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.
- Add the **broccoli** and stir-fry until tender, 4-5 mins. **TIP:** Add a splash of water if needed to help it cook.
- Stir in the **garlic** and cook until fragrant, 30 secs.

4



Finish the Prep

- Meanwhile, roughly chop the **peanuts**.
- Cut the **lime** into wedges.

5



Add the Sauce

- Once the **mince** is cooked and the **veg** is soft, stir in the **bulgogi** and **soy sauce**. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Bring to a boil, then reduce the heat. Add the **baby spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Remove from the heat and squeeze in some **lime juice**. Taste and season with **salt**, **pepper** and more **lime** if needed.

6



Serve

- When everything is ready, fluff up the **rice** with a fork, then spoon into your bowls.
- Top with the **sticky bulgogi beef** and garnish with the **peanuts**.
- Serve any remaining **lime wedges** alongside for squeezing over.

Enjoy!