



BULGOGI STYLE LAMB

with Roasted Broccoli, Mushrooms and Jasmine Rice



HELLO BROCCOLI

This vegetable is actually a flowerhead. Each of those tiny little green dots is a bud!



Ketjap Manis



Soy Sauce



Honey



Rice Vinegar



Lamb Mince



Red Onion



Chestnut Mushrooms



Broccoli



Garlic Clove



Ginger



Jasmine Rice



Coriander



Salted Peanuts

MEAL BAG

30 mins

2 of your 5 a day

Bulgogi, literally meaning “fire meat” refers to marinated meat barbecued or stir-fried, as is the case with this delicious dish. In this recipe, our chefs have opted for lamb to compliment the rich, umami flavours drawn from marinade. Mushrooms are the perfect partner to the marinated lamb, along with broccoli. The trick is to roast the broccoli until golden for irresistibly crispy tips. Once cooked, add the sticky and saucy mix to a bed of fragrant jasmine rice and sprinkle peanuts for added crunch.

4

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Fine Grater**, **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Large Baking Tray** and **Frying Pan**. Now, let's get cooking!



1 GET PREPPED

Preheat your oven to 200°C. Put the **ketjap manis**, **soy sauce**, **honey** and **rice vinegar** in a mixing bowl. Stir together, then add the **lamb mince** and mix with your hands until the **meat** and **sauce** are completely combined - wash your hands. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Halve, peel and thinly slice the **onion**. Thinly slice the **chestnut mushrooms**. Separate the **broccoli** into florets (little trees). Peel and grate the **garlic** (or use a garlic press) and **ginger**.



4 FRY THE MUSHROOMS

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **mushrooms** along with a pinch of **salt** and **pepper**. Stir-fry until they are starting to brown, 3-4 mins. Add the **red onion**, stir together and cook until the **red onion** has softened, 4-5 more mins. Stir every minute. Add the **ginger** and **garlic**, stir fry for 1 more minute.



2 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add a pinch of **salt**, stir in the **jasmine rice**, lower the heat to medium and pop a lid on the pan. 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).



5 ADD THE LAMB

Add the **lamb** to the **veggies** and cook until the **lamb** is completely browned, 4-5 mins. Break it up with a wooden spoon as it cooks. Once the **lamb** is browned, add the **water** (see ingredients for amount), stir together and cook until the **lamb mixture** is sticky and slightly saucy, 3-4 mins. Meanwhile, roughly chop the **coriander** (stalks and all) and the **peanuts**. Remove the **lamb** from the heat once cooked. **! IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



3 ROAST THE BROCC

Meanwhile, add the **broccoli** to a large baking tray drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until tender but crispy, about 15 mins.



6 FINISH AND SERVE

Fluff up the **rice** with a fork and spoon it into bowls. Top with the **lamb**, then the **roasted broccoli** and finish with a sprinkling of **coriander** and **peanuts**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Rice Vinegar *	1 sachet	1½ sachets	2 sachets
Lamb Mince *	200g	300g	400g
Red Onion *	1	1½	2
Chestnut Mushrooms *	1 punnet	1 punnet	2 punnets
Broccoli *	1	1½	2
Garlic Clove *	2	3	4
Ginger *	1 piece	1½ pieces	2 pieces
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Water for the Lamb*	75ml	100ml	150ml
Coriander *	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 562G	PER 100G
Energy (kJ/kcal)	3002 / 718	535 / 128
Fat (g)	23	4
Sat. Fat (g)	7	1
Carbohydrate (g)	87	16
Sugars (g)	22	4
Protein (g)	37	7
Salt (g)	3.02	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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