

COOK FRESH.

Bulgogi Korean Steak

with Mixed Vegetable Rice

⌚ 25 Mins

Kcal 817 | P 48 g | C 84 g | F 33g

Family Friendly

Quick and Easy

Experience the rich and savory taste of Bulgogi Korean Steak, with Mixed Vegetable Rice and cucumber salad.
















Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

What you'll need

Cooking oil, Salt, Black pepper, Measuring jug, Cooking pot, Cooking pan, and Small bowl.

Ingredients (2 persons)

-  Beef Tenderloin 320GR
-  Homemade Bulgogi Sauce 80GR
-  Water 50ML
-  Water for Rice 400ML
-  Jasmine Rice 180GR
-  Carrot 100GR
-  Spring Onion 10GR
-  Cucumber 110GR
-  Soy sauce 10ML
-  Lime 35GR
-  White Sesame Seeds 2GR
-  Edamame Beans 40GR
-  Tamari Soy Sauce 40ML

Method



Marinate the Beef

Place the **beef strips** in a bowl. Generously coat them with **bulgogi sauce**, ensuring each strip is well covered. It's recommended to let the **beef** marinate for at least one hour.



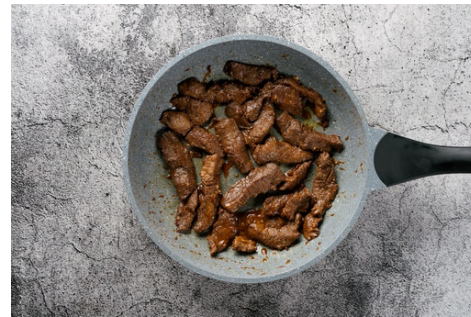
Cook the Rice

Wash and rinse the **jasmine rice**. Bring a pot of **salted water** to a boil over medium-high heat. Add the washed **rice** and cook, uncovered, for one minute. Then, cover and let simmer on low heat for 12 minutes.



Make the Salad

Using a vegetable peeler, slice the **cucumber**. Cut a **lime** in half and squeeze its juice into a mixing bowl. Add **soy sauce**, **black pepper**, and about two-thirds of the **toasted sesame seeds**. Stir the mixture well and place it in the refrigerator to chill.



Pan-fry the Beef

Heat a pan over medium-high heat and drizzle of **cooking oil**. Once hot, add the **marinated beef strips**. Sauté them for 2-3 minutes, or until they are well-browned and caramelized. After the **beef** has browned, pour in the remaining **marinade** and the **vegetable stock**. Let the mixture simmer for an additional 2-3 minutes, or until the **sauce** thickens.



Sauté the Veggies

Peel and chop the **carrots** into small cubes and chop the **spring onion**. Meanwhile, heat another cooking pan over medium heat, drizzle some **oil**, once hot, add the **carrots** and **edamame**, and cook for 3 minutes, then stir in the **rice**. Add **tamari sauce** and three-quarters of the chopped **spring onion**. Season with **black pepper** and **salt** to taste.



Serve and Enjoy!

Divide the **mixed vegetable rice** among the plates. Gently place a portion of the **bulgogi beef** on top of the **rice**. Garnish with the **toasted sesame seeds** and **spring onion**. Serve with **cucumber salad** on the side.

Allergens Sesame Soy