



Product Spotlight: Radishes

Pretty and delicious! Store radishes covered in the fridge. If they soften, trim and place them in a bowl of water in the fridge overnight.


The flavour can vary, if they are too strong - slice and place in water for 15 minutes prior to eating!




Bulgogi Beef Steak

with Rice

Tender beef steaks tossed with a sweet garlic and sesame dressing and served with rice and a pickled salad with pear and radishes.

 25 minutes

 2 servings

 Beef

31 March 2023

Switch it up!

Instead of making a marinade, you can season the steak with a spice of choice. Or make a herb and garlic butter to serve with the steak and rice.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	12g	64g

FROM YOUR BOX

BASMATI RICE	150g
GARLIC CLOVE	1
RADISHES	1 bunch
PEAR	1
LEBANESE CUCUMBER	1
BEEF STEAKS	300g
FRIED SHALLOTS	1 packet

FROM YOUR PANTRY

salt, sesame oil, sugar (of choice), soy sauce, apple cider vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

We used brown sugar for the marinade and to pickle the salad.



1. COOK THE RICE

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE MARINADE

Combine 1 crushed garlic clove, **1 tbsp sesame oil**, **1 tbsp soy sauce**, **1/2 tbsp sugar** and **1/2 tbsp water** in a bowl (see notes). Set aside.



3. PREPARE THE SALAD

Trim and slice radishes (use to taste), pear and cucumbers. Toss with **1/2 tbsp vinegar**, **1/2 tsp sugar** and a pinch of **salt**. Set aside.



4. COOK THE STEAK

Heat a frypan over medium–high heat. Coat steaks with 1/2 tbsp marinade. Cook in pan for 3–4 minutes each side or until cooked to your liking. Remove from pan to rest for 1 minute.



5. DRESS THE STEAK

Slice rested steaks and toss with prepared marinade.



6. FINISH AND SERVE

Divide rice, steak and salad among bowls. Garnish with fried shallots.



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