



# UCOOK

## Bulgogi Beef Rump

with kewpie mayo & sesame seeds

Immerse your palate in the umami world of thinly sliced beef marinated to perfection in traditional Korean flavours. Served alongside a crisp cabbage & carrot slaw with corn. The dish is elevated with the creamy richness of kewpie mayo & a sprinkle of sesame seeds.

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Kelly Fletcher

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 Carb Conscious

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 Deetlefs Wine Estate | Deetlefs Stonecross  
Cabernet Sauvignon

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## Ingredients & Prep

5ml	White Sesame Seeds
25ml	Bulgogi Sauce <i>(15ml Low Sodium Soy Sauce, 5ml Sesame Oil &amp; 5ml Sriracha Sauce)</i>
1	Garlic Clove <i>peel &amp; grate</i>
15ml	Lemon Juice
160g	Free-range Beef Rump
50g	Corn
30ml	Kewpie Mayo
100g	Cabbage <i>rinse &amp; thinly slice</i>
120g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
10g	Pickled Ginger <i>drain &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. OPEN SESAME** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**2. MARINATION STATION** In a bowl, combine the Bulgogi sauce with the grated garlic, ½ the lemon juice, a drizzle of oil, a sweetener, and seasoning. Pat the beef dry with paper towel, and toss through the marinade. Set aside.

**3. CHARRED CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. SAUCE & SALAD** Place ½ the kewpie mayo into a small bowl. Loosen with a splash of water, season, and set aside. To a salad bowl, add the sliced cabbage, the carrot ribbons, the charred corn, and the chopped ginger. Toss through a drizzle of olive oil, the remaining lemon juice, the remaining kewpie mayo, and seasoning. Set aside.

**5. FRY THE BEEF** Return the pan to medium-high heat with a drizzle of oil. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). Remove from the pan and rest for 1-2 minutes before slicing and seasoning. Set aside, reserving the marinade mixture in the bowl.

**6. FINAL TOUCHES** Return the pan to medium-high heat. Pour in the reserved marinade and simmer until reduced and thickening, 2-3 minutes. Remove from the heat and mix through the cooked beef slices.

**7. TIME TO DINE!** Plate up the Bulgogi beef and side with the slaw. Drizzle it all with the loosened mayo. Garnish with the toasted sesame seeds. Nicely done, Chef!

## Nutritional Information

Per 100g

Energy	628kJ
Energy	150kcal
Protein	7.9g
Carbs	7g
of which sugars	2.4g
Fibre	1.6g
Fat	4.1g
of which saturated	1g
Sodium	177mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat  
within  
4 Days