



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.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Kelly Fletcher

 Carb Conscious

 Deetlefs Wine Estate | Deetlefs Stonecross
Cabernet Sauvignon

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Ingredients & Prep

20ml	White Sesame Seeds
100ml	Bulgogi Sauce <i>(60ml Low Sodium Soy Sauce, 20ml Sesame Oil & 20ml Sriracha Sauce)</i>
2	Garlic Cloves <i>peel & grate</i>
60ml	Lemon Juice
640g	Free-range Beef Rump
200g	Corn
125ml	Kewpie Mayo
200g	Cabbage <i>rinse & thinly slice</i>
240g	Carrot <i>rinse, trim & peel into ribbons</i>
40g	Pickled Ginger <i>drain & 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, 4-6 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, 3-4 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