



QCOOK

Bulgogi Beef Rump

with kewpie mayo & sesame seeds

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Kelly Fletcher

Wine Pairing: Waterford Estate | Waterford Grenache Noir

Nutritional Info	Per 100g	Per Portion
Energy	626kJ	3266kJ
Energy	150kcal	781kcal
Protein	8g	41.6g
Carbs	7g	35g
of which sugars	2.4g	12.4g
Fibre	1.6g	8.3g
Fat	4g	20.7g
of which saturated	1g	5.1g
Sodium	157mg	818mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	White Sesame Seeds
25ml	50ml	Bulgogi Sauce <i>(15ml [30ml] Low Sodium Soy Sauce, 5ml [10ml] Sesame Oil & 5ml [10ml] Sriracha Sauce)</i>
1	1	Garlic Clove <i>peel & grate</i>
15ml	30ml	Lemon Juice
160g	320g	Beef Rump
50g	100g	Corn
30ml	60ml	Kewpie Mayo
100g	100g	Cabbage <i>rinse & thinly slice</i>
120g	120g	Carrot <i>rinse, trim & peel into ribbons</i>
10g	20g	Pickled Ginger <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Seasoning (salt & pepper)

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 garlic, ½ the lemon juice, a drizzle of oil, a sweetener (to taste), and seasoning. Pat the beef dry with paper towel, and toss through the marinade. Set aside.

3. CHARRED CORN Return the pan to 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 cabbage, the carrot, the charred corn, and the ginger. Toss through a drizzle of olive oil, the remaining lemon juice, the remaining kewpie mayo, and season. Set aside.

5. FRY THE BEEF Return the pan to medium-high heat with a drizzle of oil. 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!