



# UCCOOK

## Bulgogi Korean-style Beef

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 and edamame beans. The dish is elevated with the creamy richness of kewpie mayo & a sprinkle of sesame seeds.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Kelly Fletcher

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 Carb Conscious

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 Sijnn Wines | Sijnn Red Blend

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## Ingredients & Prep

|       |  |
|-------|--|
| 20ml  | White Sesame Seeds   |
| 100ml | Bulgogi Sauce<br><i>(60ml Low Sodium Soy Sauce, 20ml Sesame Oil &amp; 20ml Sriracha Sauce)</i> |
| 2     | Garlic Cloves<br><i>peeled &amp; grated</i>  |
| 60ml  | Lemon Juice  |
| 600g  | Free-range Beef Rump Strips  |
| 125ml | Kewpie Mayo  |
| 200g  | Cabbage<br><i>rinsed &amp; thinly sliced</i>   |
| 480g  | Carrot<br><i>rinsed, trimmed &amp; peeled into ribbons</i>                                     |
| 40g   | Pickled Ginger<br><i>drained &amp; roughly chopped</i>   |
| 200g  | Edamame Beans  |

## 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. EDAMAME GREENS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the edamame beans until starting to char, 2-3 minutes (shifting occasionally). Remove from the pan, season, 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, charred edamame beans, 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 beef until browned, 1-2 minutes (shifting occasionally). Remove from the pan, season, and set aside. Reserve the marinade mixture in the bowl. You may need to do this step in batches.

**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.

**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             | 623kJ   |
| Energy             | 149kcal |
| Protein            | 8.3g    |
| Carbs              | 6g      |
| of which sugars    | 2.4g    |
| Fibre              | 1.7g    |
| Fat                | 4.3g    |
| of which saturated | 1g      |
| Sodium             | 181mg   |

## Allergens

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

Cook  
within  
4 Days