

# UCOOK

## Smothered Bulgogi Fries

with sticky teriyaki venison, kewpie mayo, mozzarella & cheddar

Bulgogi is an iconic Korean dish of meat strips marinated in sticky BBQ sauce. In this street food favourite, it's served atop crispy French fries, oozing with melted cheese. Kimchi, sriracha, and snappy green beans bring it all together for an Asian fusion feast!

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**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person

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**Chef:** Alex Levett

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 Easy Peasy

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 Delheim Wines | Pinotage

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## Ingredients & Prep

45ml	Teriyaki Sauce
15ml	Sugar
1	Onion <i>one ½ peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
150g	Free-range Venison Strips
200g	Potato <i>peeled &amp; cut into skinny, 1cm thick fries</i>
100g	Green Beans <i>rinsed, trimmed &amp; sliced into thirds</i>
50g	Grated Cheese Mix
25g	Kimchi <i>drained &amp; roughly chopped</i>
30ml	Kewpie Mayo
15ml	Sriracha
4g	Fresh Coriander <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. MARINADE & CHIP PREP** Preheat the oven to 220°C. Boil the kettle for step 2. Place the teriyaki sauce, sugar, diced onion, and grated garlic in a medium-sized bowl. Whisk together until the sugar dissolves, and season to taste. Pat the venison dry with paper towel and add to the bowl. Toss to coat and set aside to marinate.

**2. GOLDEN SKINNY FRIES** Fill a pot for the skinny fries with boiling water and add a pinch of salt. Place over a high heat and bring back up to the boil. Once bubbling rapidly, parcook the fries for 2-3 minutes. Remove on completion and place on paper towel, leaving the boiling water on the heat for step 3. Pat the fries completely dry and place on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 25-30 minutes until evenly crisp, turning at least twice.

**3. BRIGHT GREEN BEANS** Pop the sliced green beans into the pot of boiling water for 2-3 minutes until cooked but still crunchy. Drain on completion and run under cold water to stop the cooking process. Return to the pot, cover with a lid to keep warm, and set aside for serving.

**4. START YOUR BULGOGI JOURNEY!** When the fries have 10 minutes remaining, place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, add in the venison, reserving the remaining marinade in the bowl. Fry for 1-2 minutes until browned and cooked through, shifting regularly. On completion, transfer to a clean bowl. Cover to keep warm and set aside. Return the pan to a medium heat and scoop in the reserved marinade. Simmer for 3-4 minutes until reduced and sticky. Remove the pan from the heat and toss through the cooked venison until coated. Cover with a lid to keep warm and set aside for serving.

**5. GET CHEESY** When the fries are cooked, sprinkle over the cheese and return to the oven for 3-4 minutes until melted and golden. Keep an eye on it so it doesn't burn!

**6. KOREAN STREET FOOD TREAT** Pile up some cheesy fries. Top with the green beans and smother in sticky venison bulgogi. Scatter over the chopped kimchi, dollop with the mayo, and splatter with the sriracha – all to taste. Finally, garnish with the chopped coriander. Simply delicious!



## Chef's Tip

Kimchi is made using a process called lacto-fermentation, in which bacteria turns sugars into lactic acid. This improves shelf-life and gives it its main claim to fame: impressive probiotic content! Keep a jar in the fridge to add to meals for tangy flavour and gut-health benefits.

## Nutritional Information

Per 100g

Energy	577kJ
Energy	138Kcal
Protein	9.2g
Carbs	11g
of which sugars	5.2g
Fibre	1.5g
Fat	3g
of which saturated	1.5g
Sodium	422mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook  
within  
4 Days