



# 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:** 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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 Sijnn Wines | Sijnn Red Blend

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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>peeled &amp; grated</i>
15ml	Lemon Juice
150g	Free-range Beef Rump Strips
30ml	Kewpie Mayo
100g	Cabbage <i>rinsed &amp; thinly sliced</i>
120g	Carrot <i>rinsed, trimmed &amp; peeled into ribbons</i>
10g	Pickled Ginger <i>drained &amp; roughly chopped</i>
50g	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, 1-2 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.

**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.

**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