



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.

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kelly Fletcher

 Carb Conscious

 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 & 5ml Sriracha Sauce)</i>
1	Garlic Clove <i>peeled & grated</i>
15ml	Lemon Juice
150g	Free-range Beef Rump Strips
50g	Edamame Beans
30ml	Kewpie Mayo
100g	Cabbage <i>rinsed & thinly sliced</i>
120g	Carrot <i>rinsed, trimmed & peeled into ribbons</i>
10g	Pickled Ginger <i>drained & roughly chopped</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. 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, the 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