



QCOOK

Bulgogi Beef Sirloin

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 | 640kj | 3342kj |
| Energy | 153kcal | 799kcal |
| Protein | 8.1g | 42.4g |
| Carbs | 8g | 40g |
| of which sugars | 2.4g | 12.4g |
| Fibre | 2.1g | 11.1g |
| Fat | 7g | 36.6g |
| of which saturated | 0.8g | 4.4g |
| Sodium | 385mg | 2010mg |

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

Spice Level: Mild

Eat Within 4 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 Sirloin |
| 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)

Seasoning (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 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!