

Korean Bulgogi Mince Beef Bowl

with Fried Egg, Kimchi and Veggies

hellóchef

Spicy, satisfying and low-carb.

Cals 658 • Prot 51 • Carbs 39 • Fat 34

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 25 min

R2376



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meat	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Garlic cloves	3	5	6	Pieces
Ginger	30	45	60	Grams
Vegetable oil	1	2	2	Tbsp
Soy sauce 9* , 10* , 11*	20	30	40	ML
Honey	20	20	40	Grams
Chilli flakes	2	2	2	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Water	50	75	100	ML
Vegetables				
Red onion	1	2	2	Pieces
Carrot	2	3	4	Pieces
Red pepper	2	3	3	Pieces
Vegetable oil	1	2	2	Tbsp
Sesame oil 3* , 9*	15	22	30	ML
Sesame seeds 3*	10	15	20	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Toppings				
Organic Eggs 5*	2	3	4	Pieces
Kimchi 6* , 7*	150	150	300	Grams

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *5 Eggs, *6 Fish, *7 Crustaceans**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2752 / 658
Fat (g)	33.8
of which saturates (g)	10.7
Carbohydrate (g)	39
of which sugars (g)	18.1
Fiber (g)	11.4
Protein (g)	50.6
Salt (g)	3.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Peel and grate **garlic**. Grate **ginger**. Peel and chop **red onions**. Peel **carrots** and chop them into small cubes. Slice bell **peppers** into thin strips.



2 Fry beef

Heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **beef mince** and fry for 5-7 min or until browned and starting to crisp. Add the **garlic, ginger, soy sauce, honey, chilli flakes, salt, pepper** and a splash of **water**. Reduce the heat to low stew for 5 min.



3 Fry vegetables

Meanwhile, heat a second pan over a medium heat with a drizzle of **oil**. Add the **onion, carrot** and bell **pepper** and fry for 5 min. Add the **sesame oil, sesame seeds** and season with **salt** and **pepper**. Transfer to a plate and keep warm.



4 Fry eggs and serve

Return the pan to a medium heat with a drizzle of **oil** over a medium heat. Once hot, crack the **eggs** into the pan and fry for 2-4 min or until done to your liking. For a set egg yolk, cover the pan with a lid.



5 Serve

Divide the fried vegetables and **kimchi** among bowls, top with the bulgogi **beef** and fried **eggs**.