# Korean Bulgogi Mince Beef Bowl

with Fried Egg, Kimchi and Veggies

Spicy, satisfying and low-carb.

# hellóchef

Cals 658 • Prot 51 • Carbs 39 • Fat 34

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#### Before you start

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

#### Ingredients

9				
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 <b>9*, 10*, 11*</b>	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 <b>6*, 7*</b>	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

<sup>\*</sup>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.



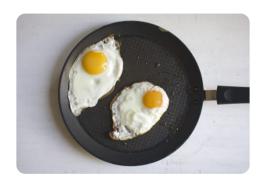
#### 2 Fry beef

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**.