

# Steak with Kimchi-Fried Rice and Egg

This recipe takes inspiration from Korean home-style cooking, where fried eggs and kimchi are an everyday staple.

Cals 810 • Prot 53 • Carbs 97 • Fat 29

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



🕒 cook: 45 min

R2741



Before you start

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

Ingredients

Steak	2 ppl	3 ppl	4 ppl	
Sirloin steak-deprecated	300	450	600	Grams
Vegetable oil	1	2	2	Tbsp
Honey	20	20	40	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Sesame seeds 3*	10	15	20	Grams
Rice				
Basmati rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	350	525	700	ML
Shallots	1	2	2	Pieces
Carrot	1	1	2	Pieces
Ginger	30	45	60	Grams
Garlic cloves	2	3	4	Pieces
Vegetable oil	2	3	4	Tbsp
Kimchi 6*, 7*	150	150	300	Grams
Green peas	100	150	200	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Garnishes				
Vegetable oil	1	1	2	Tbsp
Organic Eggs 5*	2	3	4	Pieces
Spring onion	40	60	80	Grams

Allergens

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

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)	3390 / 810
Fat (g)	29.1
of which saturates (g)	10.1
Carbohydrate (g)	97
of which sugars (g)	9.2
Fiber (g)	8.7
Protein (g)	52.6
Salt (g)	4.9

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



1 Boil rice

Add the **basmati rice**, **salt** and the measured **water** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked. Remove the pan from the heat and let the **rice** cool, uncovered, for as long as possible (see pro tip).



2 Prep vegetables

Peel and finely chop the **shallots** and **carrots**. Peel and finely grate the **ginger** and **garlic**. Set aside.



3 Prep steak

Pat the steaks dry with kitchen paper. Chop the steak into large cubes.



4 Fry steak

Heat a large pan with a drizzle of **oil** over a high heat. Once hot, add the steak cubes and fry them for 1 min on each side or until browned and cooked to your liking. Add the **honey** and **soy sauce** and immediately remove the pan from the heat. Give everything a good mix up and sprinkle with **sesame seeds**. Set aside to keep warm.



5 Fry rice

Heat a large pan over a medium heat with a drizzle of **vegetable oil**. Add the **shallots** and **carrots** and cook for 3 min. Add the **garlic** and **ginger** and stir-fry for 1 min. Add the cooled **rice**, **kimchi** and **peas** and stir-fry for 3 min further. Remove from the heat and fold in the **soy sauce**. Set aside to keep warm.



6 Fry eggs

Heat another non-stick pan with a drizzle of **vegetable 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. Chop the **spring onion** finely. Divide the **rice** among plates and top with the steak cubes and fried **eggs**. Garnish with the **spring onion**.