

# MARLEY SPOON



## Beef Bulgogi

with Jasmine Rice



20-30min



2 Servings

This flavorful Korean favorite will help you get dinner on the table in no time. Saucy ground beef topped with fresh scallions and toasted sesame seeds is perfectly complemented with fragrant jasmine rice. Pair it with whatever veggies you have in the fridge, like broccoli, peppers, or green beans!

### What we send

- 5 oz jasmine rice
- 1 yellow onion
- garlic
- 2 scallions
- 2 (½ oz) tamari soy sauce <sup>6</sup>
- 1 oz mirin <sup>17</sup>
- ½ oz toasted sesame oil <sup>11</sup>
- 10 oz pkg grass-fed ground beef
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

### What you need

- sugar
- neutral oil

### Tools

- small saucepan
- medium skillet

### Allergens

Soy (6), Sesame (11), Sulphites (17).  
May contain traces of other allergens.  
Packaged in a facility that packages  
gluten containing products.

### Nutrition per serving

Calories 750kcal, Fat 28g, Carbs 73g,  
Protein 36g



#### 1. Cook rice

In a small saucepan, combine **rice** and **1¼ cups water**; bring to a boil over high heat. Cover and cook over low heat until rice is tender and water is absorbed, 17-20 minutes. Keep covered off heat until ready to serve.



#### 2. Prep ingredients

Finely chop **half of the onion** (save rest for own use) and **1 teaspoon garlic**. Trim **scallions**; thinly slice.

In a small bowl, stir together **tamari**, **1 tablespoon each of mirin and sugar**, and **1½ teaspoons sesame oil**.



#### 3. Cook beef

In a medium skillet, heat **1 tablespoon neutral oil** over medium-high. Add **onions** and **garlic**; cook, stirring often, until softened, 1-2 minutes.

Add **beef**; cook, breaking up into smaller pieces, until browned and cooked through, 3-5 minutes. Stir in **tamari mixture**. Cook, scraping up any browned bits from skillet, until sauce is slightly reduced and glazes beef, 1-2 minutes.



#### 4. Finish & serve

Stir **sesame seeds** and **scallions** into **beef**.

Serve **beef bulgogi** with **rice**. Enjoy!



#### 5. ...

Looking for more steps?



#### 6. ...

You won't find them here! Enjoy your Marley Spoon meal!