

MARLEY SPOON



Beef Doenjang Jjigae (Soybean Paste Stew)

with Zucchini & Rice Cakes



30min



2 Servings

There's nothing cozier than tucking into a Korean stew, no matter what the season! A deeply flavorful broth of hondashi, miso, and gochujang creates a delicious base for tender zucchini, shredded beef, and chewy rice cakes. A bowl of sushi rice is a must for soaking it all up.

What we send

- 5 oz sushi rice
- 1 yellow onion
- garlic
- 1 zucchini
- 7 oz rice cakes
- ½ lb pkg ready to heat shredded beef ^{2,3}
- ¼ oz hondashi ¹
- 0.63 oz miso paste ²
- 1 oz gochujang ²

What you need

- neutral oil

Tools

- fine-mesh sieve
- small saucepan
- medium pot

Allergens

Fish (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 11g, Carbs 114g, Protein 25g



1. Cook rice

Rinse **rice** to a fine-mesh sieve until water runs clear.

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



4. Add broth

To pot, add **hondashi**, **miso**, **½ tablespoon gochujang**, and **2 cups water**. Bring to a simmer over high heat, stirring to dissolve miso and gochujang.



2. Prep ingredients

Thinly slice **onion**. Finely chop **1 large garlic clove**. Halve **zucchini** lengthwise; cut into ¼-inch thick half moons.

Carefully peel apart **rice cakes**, using a knife to cut into individual pieces, if necessary (set aside half for own use).

Shred **beef** into bite-sized pieces.



5. Simmer stew

Stir **beef**, **zucchini**, and **rice cakes** into broth. Lower heat to medium and cook, stirring occasionally, until zucchini and rice cakes are tender, about 5 minutes.



3. Cook aromatics

In a medium pot, heat **1 tablespoon oil** over medium. Add **onions** and cook, stirring occasionally, until softened and just starting to brown, 4-5 minutes. Add **garlic** and cook until fragrant, about 1 minute.



6. Finish & serve

Fluff **rice** with a fork. Divide **stew** between bowls and serve with **rice**. Enjoy!