



Everything
But The Chef

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Super Sesame Sizzling Korean Beef

This dish is all about crispy, sizzling beef strips infused with the nuttiness of sesame seeds. A scorching hot surface is what your steak needs to add a perfect smokiness to all that lovely flavour. Make sure you cut them up as finely as you can as well to ensure that melt in your mouth deliciousness!



25 mins



level 1



spicy



gluten free



Porterhouse Steak



Rice



Bok Choy



Spring Onions



Long Chilli



Garlic



Ginger



Sesame Seeds

2P	4P	Ingredients
400 g	800 g	porterhouse steak
150 g	300 g	rice
1/2 bunch	1 bunch	bok choy, chopped ⊕
1 bunch	2 bunches	spring onions, sliced ⊕ A
4 tbs	8 tbs	soy sauce *
1	2	long chilli, sliced ⊕
1 tbs	2 tbs	sugar *
2	4	garlic cloves, peeled & crushed ⊕
1 knob	2 knobs	ginger, peeled & finely chopped ⊕
1/2 tbs	1 tbs	sesame oil *
10 g	20 g	sesame seeds

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	4060	Kj
Protein	69.4	g
Fat, total	39	g
-saturated	14.9	g
Carbohydrate	79.5	g
-sugars	19.5	g

Measuretool

0 cm	1 cm	2 cm



1 Thinly slice the **beef**. If you have extra time it helps if the meat is partially frozen, making it easier to slice the meat even thinner. Even **10 minutes** in the freezer will help.



2 Place the **rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for **10-12 minutes**. In the last **3 minutes**, throw in the chopped **bok choy** and **spring onions**. When the rice is soft and the vegetables are a vibrant green, drain and refresh under cold running water and season with **salt** and **pepper**.



3 Combine the **soy sauce**, **sugar**, **chilli**, **garlic**, **ginger** and **sesame oil** in a bowl. Add the beef and stir well to coat. Grind some black pepper over it. Heat a small amount of vegetable oil in a wok or large frying pan over high heat until very hot. Cook the beef, turning frequently until browned.



4 Serve the sizzling beef with a side of rice, bok choy and spring onions and sprinkle with **sesame seeds**.

Did you know? The magic phrase “open sesame” was first used in the tale “Ali Baba and the Forty Thieves”, and is believed to refer to the actual fruit (which releases aromatic seeds when mature).