

HELLO Beef and Pork Bulgogi-Style Bowls with Buttered Rice Corn and Godhuiang Maug

with Buttered Rice, Corn and Gochujang Mayo

Family Friendly Optional Spice 30 Minutes











If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥



250 g | 500 g

Protein Shreds 200 g | 400 g





Pork Mix



250 g | 500 g







1 tbsp | 2 tbsp



Carrot, julienned



1 | 2

56 g | 113 g



113 g | 227 g



34 cup | 1 1/2 cups



1 tbsp | 2 tbsp



2 tbsp | 4 tbsp



28 g | 56 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat. Cooking utensils | Measuring spoons, medium pot, small bowl, measuring cups, large non-stick pan



Cook rice and corn

- · Before starting, wash and dry all produce.
- Add rice, 1 1/4 cups (2 1/2 cups) water and 1/4 tsp (1/2 tsp) salt to a medium pot.
- Bring to a boil over high heat.
- Once boiling, stir in **corn**, then return to a boil. Reduce heat to low.
- Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



Prep

- Meanwhile, thinly slice green onions, keeping white and green parts separate.
- Peel, then mince or grate garlic.
- Add mayo and half the gochujang (use all for 4 ppl) to a small bowl. Season with salt, to taste, then stir to combine.



Start bulgogi

O Swap | Ground Turkey

🗘 Swap | Protein Shreds

- Heat a large non-stick pan over medium-high
- When hot, add **sesame oil**, then beef and pork mix.
- Cook, breaking up beef and pork into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard all but ½ tbsp (1 tbsp) fat from the pan.



3 | Start protein shreds bulgogi

instructs you to cook the **beef and pork mix**,

disregarding instructions to drain fat.**

1 tbsp

(2 tbsp)

oil

Swap | Protein Shreds

3 | Start turkey bulgogi

Swap | Ground Turkey If you've opted to get turkey, add 1/2 tbsp (1 tbsp) oil to the pan along with sesame oil. Cook it in the same way the recipe

Measurements

within steps

If you've opted to get **protein shreds**, cook in the same way the recipe instructs you to cook the **beef and pork mix**, flipping once or twice. Increase cook time to 5-7 minutes until shreds are crispy.**



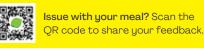
Finish bulgogi

- Add carrots, green onion whites and garlic to the pan with **beef and pork**.
- Cook, stirring occasionally, until carrots soften slightly, 2-3 min.
- Add soy sauce, 1 tsp (2 tsp) sugar, 1/3 cup (3/3 cup) water and spinach.
- Cook, stirring often, until spinach wilts and half the liquid is absorbed, 2-3 min.
- Season with **pepper**, to taste.



Finish rice and serve

- Add 2 tbsp (4 tbsp) butter to the pot with rice and corn. Stir until butter melts. Season with **pepper**, to taste.
- Divide buttered rice and corn between bowls. Top with bulgogi.
- Sprinkle remaining green onions over top.
- Dollop with gochujang mayo, if desired.



** Cook beef-pork mix, turkey and protein shreds to a minimum internal temperature of 74°C/165°F.