



Super fast and seriously delicious Korean Beef Bowls!
Perfectly seasoned and ready in 20 minutes.

COOKING TIME: 20 MIN

CALS 834 | PROT 43.3G | CARBS 124.5G | FAT 15.5G



TIPS FOR FUSSY EATERS

This is a mild and flavorful dish, just go easy with the chili flakes.

Optionally serve the mince and fried veggies with the noodles and just a splash of soy sauce.

PRO TIP

The mince takes only minutes to brown but you still get a delicious Korean flavour with the soy sauce, sesame oil and ginger combination.

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Minced Meat	350g	525g	700g
Carrot	2	3	4
Green Pepper	1	2	2
Garlic cloves	2	3	4
Ginger	30g	45g	60g
Spring Onion	30g	45g	60g
Red Apple	2	3	4
Sesame Seeds	6g	9g	12g
Sesame oil	5g	7g	10g
Chili Flakes	2g	3g	4g
Soy Sauce	10g	15g	20g
Chinese Noodles	200g	300g	400g



1 MAKE THE SAUCE

Peel and grate the **apple**. Place it into a bowl and mix with the **soy sauce**, **sesame oil** (use half and add more once you have checked the flavours) and **chili flakes** (according to taste).



2 PREP

Peel and cut the **carrots** into thin strips, wash and cut the **pepper** into slices. Crush the **garlic** and grate the **ginger**.



3 TOAST THE SESAME

Start by toasting the **sesame seeds** on a dry pan at medium heat for 3-4 minutes until fragrant and slightly browned. Remove from pan and keep aside.



4 FRY

Then add a spoon of **oil** on the pan and fry the **garlic** and the **ginger**, stir for a minute until they become fragrant. Add the **mince** and fry for 4-5 minutes or until it is nicely browned. Pour on a plate and keep on the side.



5 ADD AND SEASON

Add a little **oil** on the pan and fry the **carrots** and **peppers** for 3-4 minutes. Then stir the **mince** back on the pan and add the **apple** and **soy sauce** mixture. Mix well. Additionally season with some **salt**. Let simmer for 5 minutes.



6 SERVE

Cook the **noodles** for 2 minutes in a large pot of boiling **water**. Do not add **salt**. Drain and serve the **beef** with the **noodles** and garnish with **sesame seeds** and chopped **spring onion**.

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