

Korean Beef Bulgogi

Super fresh, super fast, super delicious. This dinner has it all. Grilled steak served up on fresh lettuce rolls with rice, stir fried carrots and cabbage is delicious on its own. But when topped with peanuts, basil, green onions and our delicious Bulgogi sauce, it's Meez magic.

30 Minutes to the Table

30 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

7 MEEZ CONTAINERS

Jasmine Rice
Steak
Red Cabbage & Carrots
Romaine Lettuce
Bulgogi Sauce
Gochujang
Peanuts, Basil & Green Onions

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Jasmine rice, reducing the **carbs per serving to 34g**. Skip step 1. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Set aside and use in place of rice in step 5.

As an alternative to lettuce wraps, you can combine the ingredients in a bowl for a delicious stir-fry.

Gluten Free? You received Sriracha sauce because the Gochujang contains wheat.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

Health snapshot per serving – 570 Calories, 40g Protein, 25g Fat, 45g Carbs, 17 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339

INGREDIENTS: Steak, Jasmine Rice, Romaine Lettuce, Red Cabbage, Carrots, Tamari, Mirin, Peanuts, Gochujang, Sesame Oil, Garlic, Ginger, Sesame Seeds, Basil, Green Onions

meez meals

1. **Get Organized**

Bring water to a boil in a large saucepan.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

3. **Cook the Steak**

While the rice is cooking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks.

Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 min.

Once the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

4. **Cook the Red Cabbage & Carrots**

While the steaks are resting, heat 1 Tbsp oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red Cabbage & Carrots** and cook, stirring constantly, until the vegetables start to brown on the edges, about 7 minutes.

5. **Put it All Together**

Arrange the **Romaine Lettuce** on a plate and spread the thick, spicy, red **Gochujang** sauce across each leaf (will be your shell) as desired to taste. Top with a thin layer of rice, a little of the **Bulgogi Sauce** (the thinner brown sauce), red cabbage & carrots, sliced steak and add some additional Bulgogi Sauce on top of the steak.

Finish it off with the **Peanuts, Basil, & Green Onions** and enjoy!

You just need enough water to completely cover the rice.

To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Each family member can add the delicious Gochujang to their romaine lettuce leaf depending on how much they enjoy spicy food.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois