



KOREAN BEEF BULGOGI

with stir-fried broccoli, bell pepper, cabbage, carrots & cashews

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 680	NET CARBS PER SERVING 21 GRAMS	MENU PALEO // GLUTEN-FREE
----------------------------	----------------------	------------------------------------	--	-------------------------------------

Bulgogi sauce is sweet and savory — and essential to Korean barbecue. Typically used as a marinade for thinly sliced beef, we’ve simmered it here with pan-seared ground beef for umami-rich flavors. It’s all served over a colorful veggie stir-fry featuring broccoli, red bell pepper, cabbage, carrots, and buttery cashews. A sprinkle of black and white sesame seeds adds a light crunch to every bite.

INGREDIENTS (8 ITEMS)

- 10 oz **Ground beef**
- 3 ½ oz **Bulgogi-style amino sauce** T
- 6 oz **Broccoli**
- 3 ½ oz **Red bell pepper***
- 3 ½ oz **Cabbage***
- & 1 ¼ oz **& carrots**
- 1 whole **Yellow onion**
- ½ oz **Dry-roasted cashews** T
- 2 tsp **Black & white sesame seeds**

WHAT YOU’LL NEED

- medium & large sauté pans
- measuring cup & spoons
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (cashews, coconut)

COOKING TIP 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GF Certified gluten-free by the Gluten Intolerance Group’s Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Cut **broccoli** into bite-size pieces if necessary.
- Cut **red bell pepper** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut ends off **yellow onion*** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Roughly chop **dry-roasted cashews** if necessary.

**We recommend using the whole onion in this recipe, but feel free to add it to your taste.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 STIR-FRY VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli** and **bell pepper** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Cook about 3 minutes, or until veggies begin to brown, stirring occasionally.
- Add **onion**. Cook about 4 minutes, or until veggies begin to soften, stirring occasionally.
- Add **cabbage and carrots** and about ¼ cup water. Cook about 2 minutes, or until veggies are tender, stirring occasionally.
- Remove from heat. Add **cashews**. Salt and pepper to taste. Stir to combine.

3 COOK BEEF

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **ground beef** to hot pan. Stir to break up beef. Cook 4-6 minutes, or until beef is fully cooked,* stirring occasionally.

**Ground beef is fully cooked when it's no longer pink.*

4 ADD SAUCE

- Add about half of the **bulgogi-style amino sauce** to pan with **beef**. Stir to combine. Cook 1-2 minutes, or until sauce is warmed through, stirring occasionally.

5 PLATE YOUR DISH

- Divide **veggie stir-fry** between plates. Serve **beef bulgogi** over top. Drizzle with remaining **bulgogi-style amino sauce** to taste. Sprinkle with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (459g)

Amount per serving

Calories **680**

	% Daily Value*
Total Fat 50g	64%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1170mg	51%
Total Carbohydrate 27g	10%
Dietary Fiber 6g	21%
Total Sugars 15g	
Includes 1g Added Sugars	2%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 6mg	35%
Potassium 663mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Ground Beef, Bulgogi-Style Amino Sauce (Garlic, Yellow Onions, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Pear Juice, Puréed Ginger [organic ginger], Agave [blue agave nectar], Crushed Red Pepper Flakes, Sea Salt, Sesame Oil, Ascorbic Acid [ascorbic acid]), **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds), **Cashews** [cashews, canola oil], **Yellow Onion, Broccoli, Green Cabbage, Carrots, Bell Peppers**

Allergen information:

Contains Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.