



**GREEN
CHEF**

KOREAN BEEF BULGOGI

Stir-fried broccoli, bell pepper, cabbage, carrots & cashews

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

690

NET CARBS PER SERVING

22 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 to harness its umami-rich complexity. 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 nutty crackle to the 25-minute dish.

INGREDIENTS (8 ITEMS)

6 oz	Broccoli
3 ½ oz	Red bell pepper
1 whole	Yellow onion
½ oz	Roasted cashews <small>T</small>
3 ½ oz & 1 ¼ oz	Cabbage & carrots
10 oz	Ground beef*
3 ½ oz	Bulgogi-style amino sauce <small>T</small>
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)



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



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

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

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 [greenchef.com/faq](https://www.greenchef.com/faq) 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; save one half for another use. Lay one half flat and cut lengthwise into strips, about ¼ inch thick.
- Roughly chop **roasted cashews** if necessary.

**The ingredient you received may be a different color.*

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.

1



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.

**The ingredient you received may be a different color.*

2



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.

3



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.

4



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!

5



Nutrition Facts

2 Servings per container

Serving size (470g)

Amount per serving

Calories **690**

	% Daily Value*
Total Fat 51g	65%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1190mg	52%
Total Carbohydrate 28g	10%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 1g Added Sugars	2%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 145mg	10%
Iron 6mg	35%
Potassium 783mg	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 [beef], **Bulgogi-Style Amino Sauce** (Garlic, Yellow Onions, Coconut Aminos [organic coconut tree sap, sea salt], Pear Juice [juice from ripe, whole organic pears, ascorbic acid], Puréed Ginger [ginger], Agave [organic agave syrup], Crushed Red Pepper Flakes, Sea Salt, Toasted Sesame Oil [toasted sesame oil], Ascorbic Acid [ascorbic acid]), **Black & White Sesame Seeds** (White Sesame Seeds, Black Sesame Seeds [black sesame seeds]), **Cashews** [cashews, canola and/or peanut and/or sunflower 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.