



**GREEN
CHEF**

BULGOGI BEEF PATTIES

Fried eggs, daikon kimchi, stir-fried veggies, sesame seeds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

720

NET CARBS PER SERVING

16 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

In the traditional Korean dish, thinly sliced meat is marinated overnight in savory-sweet bulgogi sauce, then grilled on a barbecue until caramelized and smoky. In this 30-minute, burger-inspired twist, we've infused beef patties with the umami-rich sauce and pan-roasted them to a juicy finish. They're served over a colorful veggie stir-fry featuring cabbage, bell pepper, and carrot, along with a side of daikon kimchi. As a nod to another Korean favorite, bulgogi, the patties are topped with perfectly fried eggs. A sprinkle of toasted black and white sesame seeds adds a nutty crackle in every bite.



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.

INGREDIENTS (9 ITEMS)

2 ¾ oz	Daikon kimchi
1 whole	Carrot
1 ¾ oz	Red bell pepper
10 oz	Ground beef*
3 ½ oz	Bulgogi-style amino sauce T
1 ¼ tsp	Chili & ginger spice rub
3 ½ oz	Cabbage
1 tsp	Black & white sesame seeds
2 medium	Eggs E

WHAT YOU'LL NEED

medium nonstick pan
large sauté pan
baking sheet
medium bowl
measuring spoons
peeler
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

- T TREE NUTS (coconut)
- E EGGS

*Ground beef is fully cooked when internal temperature reaches 160 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat or eggs. Consuming raw or undercooked meat or eggs 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

- Preheat oven to 425 degrees.
- Roughly chop **daikon kimchi**.
- Cut top off **carrot** and peel. Slice across into rounds, about ¼ inch thick.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.

**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.

2 SEASON BEEF & FORM PATTIES

- Place **ground beef** in a medium bowl. Add about 2 tablespoons of the **bulgogi-style amino sauce** and about half of the **chili and ginger spice rub**. Mix thoroughly to evenly distribute seasonings.
- Form **beef** into two patties, about ¼ inch thick.* Season with salt.

**To help your patties keep their shape, make a small indentation in the center of each.*

3 COOK PATTIES & KIMCHI

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat until shimmering. Once pan is hot, add **patties**. Sear about 2 minutes on each side.
- Transfer **patties** to one side of a lightly oiled, foil-lined baking sheet.
- Spread **kimchi** out in a single layer on open side of baking sheet with patties.
- Transfer baking sheet to oven. Roast 4–6 minutes, or until patties are fully cooked.

4 COOK VEGGIES

- Heat pan used for patties over medium heat.* Add **carrot** and **bell pepper** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2–3 minutes, or until bell pepper begins to soften, stirring occasionally.
- Add **cabbage**,** remaining **bulgogi-style amino sauce**, and remaining **chili and ginger spice rub**. Stir to coat. Cook 2–3 minutes, or until cabbage is lightly wilted, stirring occasionally.

**If the pan seems dry while cooking, add another tablespoon of cooking oil.*

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

5 TOAST SESAME SEEDS

- Place **black and white sesame seeds** in a dry medium nonstick pan* over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **sesame seeds** to a cutting board.

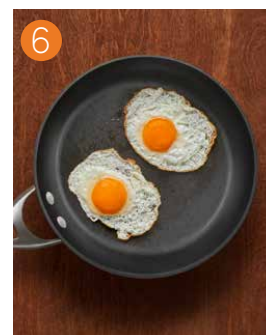
**Use silicone or wooden utensils to avoid scratching your pan.*

6 COOK EGGS

- Heat about 1 ½ tablespoons cooking oil in pan used for sesame seeds over medium heat. Carefully crack **eggs** into hot pan. Cook until eggs reach desired doneness. Lightly season with salt and pepper.

7 PLATE YOUR DISH

- Divide **stir-fried veggies** between plates. Serve **beef patties** atop veggies. Garnish with **kimchi**. Top with **fried eggs**. Sprinkle with **toasted black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (437g)

Amount per serving

Calories 720

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 310mg	103%
Sodium 1430mg	62%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 37g	
Vitamin D 1mcg	6%
Calcium 125mg	10%
Iron 6mg	35%
Potassium 525mg	10%

* 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], **Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder, Sea Salt, Black Pepper), **Carrots**, **Green Cabbage**, **Red Cabbage**, **Bell Peppers**, **Daikon Kimchi** [organic daikon, organic napa cabbage, organic green cabbage, organic garlic, crushed red chili peppers, organic ginger, sea salt], **Egg**, **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **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])

Allergen information:

Contains Tree Nuts And Egg

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.