

Korean Beef Bulgogi Bowls



Ingredients

For the Beef

- 600g beef rump steak, trimmed
- 1/2 small brown onion, finely grated
- 1 small red apple, finely grated
- 3 fresh garlic cloves, finely chopped
- 1 tsp fresh ginger, finely grated
- 3 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tbsp brown sugar

For the Sauce

- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 2 tsp brown sugar
- 2 tsp rice vinegar
- 2 tbsp water

For the Bowls

- 1 zucchini, trimmed and quartered lengthways
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tsp fresh ginger, finely grated
- 1 tbsp soy sauce
- 1 red chilli, deseeded and thinly sliced

To serve

- Steamed white rice
- Large handful fresh wombok cabbage, shredded
- Large handful fresh bean sprouts
- 1 cup kimchi
- 1 tbsp sesame seeds, toasted
- 3 spring onions, trimmed and sliced

Directions

Step 1 – Freeze the steak for at least one hour then slice very thinly across the grain. Marinate the steak in a bowl with the onion, apple, garlic, ginger, soy sauce, sesame oil, rice vinegar and brown sugar for at least one hour.

Step 2 – Cut slices into the lengths of zucchini without cutting all the way through, then cut the lengths into 3cm pieces. Marinate in a dish with the sesame oil, rice vinegar, ginger, soy sauce and chilli.



Step 3 – Add the sauce ingredients to a small saucepan and heat, stirring until the sugar dissolves. Remove from the heat and set aside.

Step 4 – Heat the BBQ to medium - high heat (200 - 220°C), ensuring the grills are clean. Preheat a hotplate, BBQ safe frying pan or skillet over direct heat.

Step 5 – Once the hotplate is hot, remove the steak from the marinade and cook the steak in batches, until the meat is cooked through and begins to caramelise. Remove and set aside to keep warm. Wipe down the hotplate and cook the zucchini pieces on all sides until the zucchini is tender. Remove from the BBQ.

Step 6 – Assemble the bowls by adding steamed rice, then top with the beef, zucchini pieces, shredded cabbage, bean sprouts and kimchi. Pour over the sauce and garnish with sesame seeds and spring onion.

BBQSPLUS

