



Korean crispy mince bowl

with rice and cucumber



Our Korean-style crispy mince bowl is salty, sweet and spicy! Served over a bed of fluffy rice and sprinkled with fresh spring onions and toasted sesame seeds, this dish hits the spot.

NO ADDED GLUTEN | HIGH PROTEIN | Quick & easy, Great for leftovers, Spicy (mild)



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot, large frying pan



Pantry items needed: vegetable oil



Hands-on: 20 minutes
Ready in: 20 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Water for mince*	300ml	600ml
TVP mince	1 packet	1 packet
Beef-style stock cube/s	1 (half)	1
Jasmine rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	2¼ cup
Onion	90g	180g
Garlic	12g	24g
Spring onion	20g	40g
Cucumber	150g	300g
Vegetable oil*	1 tbsp	2 tbsp
Korean seasoning	1 tub	1 tub
Toasted sesame seeds	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: soy, sesame.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare mince

Boil **water for mince***. In a bowl, place **TVP mince**, **stock cube** (use **½ for 2 serves** and **1 for 4 serves**) and **water for mince***. Cover and allow to stand for **10 minutes**.

2. Cook rice

Rinse **jasmine rice** in a sieve until the water runs clear. In a small pot, add **jasmine rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **12 minutes**. When cooked, remove from the heat and keep covered until ready to serve.

3. Prepare vegetables

Dice **onion**. Mince **garlic**. Thinly slice **spring onion**. Peel **cucumber**, press down using the heel of a knife to crush and slice into 1cm pieces.

4. Cook mince

In a large frying pan over medium heat, add **vegetable oil***, **onion** and **garlic** and allow to sauté until golden brown, about **4 minutes**. Add **mince** and cook, stirring, for **5 minutes**. Add **Korean seasoning** and stir until absorbed and sticky, about **2 minutes**.

5. Serve

Serve **rice** into deep bowls, top with **mince**, **spring onion** and **cucumber** and sprinkle with **toasted sesame seeds**.

Eat your way
to healthy!



Soybeans, used in tofu and many other soy products, are composed of mainly protein. They are among the best plant-based sources of protein, with 1 cup yielding almost 30g of it!

Studies show the compounds present in soybeans, called isoflavones, may be responsible for preventing prostate and breast cancers, alleviate menopausal symptoms in some women and reduce the risk of osteoporosis.

Nutritional information*

	Per 405g serve	Per 100g
Energy	3097kJ (741Cal)	765kJ (183Cal)
Protein	31.5g	7.8g
Fat, total	23.3g	5.7g
- Saturated	3.4g	0.8g
Carbohydrate	94g	23g
- Sugars	22g	5g
Sodium	997mg	224mg

* Nutritional information is based on averages