



Korean-Style Steak Strip Rice Bowl

WITH CARROTS AND BOK CHOY

Meal Kit



Prep & Cook Time

30-40 MIN

Cook Within

6 DAYS

You Will Need

Olive Oil, Salt
Small Pot, Mixing Bowl, 2
Large Non-Stick Pans

Ingredients

¼ fl. oz. Toasted Sesame Oil
1 Head of Baby Bok Choy
8 oz. Carrot
¾ cup Jasmine Rice
1 Tbsp. Cornstarch

3 oz. Korean BBQ Sauce

.303 fl. oz. Soy Sauce

2 Green Onions

2 Garlic Cloves

Customize It Options

10 oz. Steak Strips

8 oz. Shrimp

10 oz. Diced Boneless Skinless

Chicken Breasts

20 oz. Double Portion Steak Strips

Difficulty Level

INTERMEDIATE

Spice Level

MEDIUM

Minimum Internal Protein Temperature

| | | | | |
|------|-------|------|------|---------|
| 145° | Steak | Pork | Lamb | Seafood |
|------|-------|------|------|---------|

| | | |
|------|-------------|-------------|
| 160° | Ground Beef | Ground Pork |
|------|-------------|-------------|

| | | |
|------|---------|---------------|
| 165° | Chicken | Ground Turkey |
|------|---------|---------------|

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/23258

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **garlic, green onions**

Customize It Instructions

- If using **20 oz. steak strips**, follow same instructions as 10 oz. steak strips, working in batches if necessary.
- If using **diced chicken breasts**, pat dry. Follow same instructions as steak strips in Step 4, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **shrimp**, pat dry. Follow same instructions as steak strips in Step 4, cooking until shrimp reach minimum internal temperature, 2-3 minutes per side.



2. Prepare the Ingredients

- Peel, trim, and cut **carrot** into ¼" slices on an angle.
- Remove any discolored outer leaves from **bok choy** and trim ends. Cut into ½" strips.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Mince **garlic**.
- Pat **steak strips** dry. Coarsely chop, then separate pieces. In a mixing bowl, combine steak strips and **cornstarch**.



4. Cook the Steak Strips

- Place another large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **steak strips**, remaining **garlic**, and a pinch of **salt** to hot pan. Stir occasionally until no pink remains and steak strips reach a minimum internal temperature of 145 degrees, 4-6 minutes.
- Add **Korean BBQ sauce** (to taste) and 2 Tbsp. **water**. Stir occasionally until sauce is slightly thickened, 1-2 minutes.
- Remove from burner.



1. Start the Rice

- Bring a small pot with **rice**, ¼ cups **water**, and a pinch of **salt** to a boil.
- Once boiling, reduce to a simmer, cover, and cook until rice is tender, 15-18 minutes.
- Remove from burner and set aside.
- While rice cooks, continue recipe.



3. Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add ¼ cup **water** and **carrots** to hot pan and bring to a simmer.
- Once simmering, cover and cook until water is mostly evaporated and carrots are tender, 3-5 minutes.
- Uncover and add **bok choy**, half the **garlic** (reserve remaining for steak strips), **white portions of green onions**, **sesame oil**, **soy sauce**, and a pinch of **salt**. Stir often until lightly browned and tender, 2-4 minutes.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **rice** with **steak strips** and **vegetables**. Garnish with **green portions of green onions**. Bon appétit!