



NUTRITION per serving 98g carbohydrates 37g fat 48g protein 2375mg sodium | dairy-free, shellfish-free, nut-free



Calories
916



Prep & Cook Time
35-45 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- ¾ cup Jasmine Rice
- 2 fl. oz. Teriyaki Glaze
- ½ fl. oz. Toasted Sesame Oil
- 2 tsp. Gochujang Red Pepper Paste
- 2 Top Blade Steaks
- 1 Red Bell Pepper
- 2 Zucchini
- 2 tsp. Asian Spiced Sea Salt

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Small Pot
- 2 Small Bowls
- Grill Pan or Outdoor Grill
- Mixing Bowl

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HOME CHEF

STAFF PICK

Korean BBQ Steak

with rice, grilled pepper, and zucchini

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Korean BBQ sauce** is separated into two small bowls to prevent cross contamination. Use one for basting **steaks** while they cook, and one for drizzling over cooked steaks and **vegetables**.
- **Spice Alert!** **Gochujang** is a spicy and slightly sweet paste of chiles and fermented soy commonly found in Korean cuisine. Use to taste or omit from recipe to control spice.

FROM THE CHEF

When slicing steak, we recommend finding the parallel lines of muscle fiber running down the meat (called the grain), and slicing perpendicular to them, cutting “against the grain.” This makes sliced steak easier to chew, since the muscle fibers are already broken up for you.

Did you know...

Impress your diners (and yourself) by getting pro-looking crosshatch marks on grilled meats. Imagine your grill is a clock and place meat on grill so tip points at 10 o'clock. After 2-3 minutes, rotate so tip points at 2, and cook another 2-3 minutes. Repeat on second side. This enhances presentation, allows meat to cook evenly, and gets great char flavor.



1

Cook Rice and Make Korean BBQ Sauce

Bring a small pot with **rice**, $\frac{1}{4}$ tsp. **salt**, and $1\frac{1}{2}$ cups **water** to a boil. Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes. While rice cooks, make Korean BBQ sauce: combine 1 Tbsp. **olive oil**, **teriyaki glaze**, **sesame oil**, **gochujang**, and $\frac{1}{4}$ cup **water** in a small bowl. Transfer **half the BBQ sauce** into another small bowl, making two bowls total: one for basting **steaks** while cooking and one for drizzling on plates.



4

Cook the Vegetables

Combine **red bell pepper**, **zucchini**, 1 Tbsp. **olive oil**, $\frac{1}{2}$ tsp. **salt**, and $\frac{1}{4}$ tsp. **pepper** in a medium mixing bowl. Working in batches if necessary, grill vegetables until slightly charred and tender, 2-4 minutes per side.



2

Prepare the Ingredients

Stem, seed, and slice **red bell pepper** into $1\frac{1}{2}$ " strips. Trim **zucchini** and halve lengthwise. Rinse **steaks**, pat dry, and season both sides with **sea salt**.



5

Slice Steaks and Vegetables

Cut **steaks** into $\frac{1}{2}$ " slices. Cut **red bell pepper** into triangles and cut **zucchini** into large triangles.



3

Cook the Steaks

Warm an outdoor grill or grill pan to medium-high heat and lightly coat with **cooking spray**. Add **steaks** to hot grill and cook until slightly charred, 3-4 minutes per side. Brush steaks with **Korean BBQ sauce** and cook, flipping occasionally and basting with sauce with each flip, until steaks are caramelized and reach a minimum internal temperature of 145 degrees, 2-4 minutes. Remove to a cutting board and cover with foil. Rest 5 minutes before slicing.



6

Plate the Dish

Place a serving of **rice** on plate. Arrange **steak** and **vegetables** around steak and drizzle with remaining **Korean BBQ sauce** from second bowl.