



#### In your box

4 oz. Korean BBQ Sauce  
.20 fl. oz. Tamari Soy Sauce  
1 tsp. Sambal  
½ oz. Crispy Rice Noodles  
8 oz. Broccoli Florets  
8 oz. Cooked Jasmine Rice

#### Customize It Options

10 oz. Ground Beef  
13 oz. Boneless Skinless Chicken Breasts  
12 oz. Ground Pork  
10 oz. USDA Choice Sliced Flank Steak

#### You will need

Olive Oil, Salt  
Large Non-Stick Pan, Microwave-Safe Bowl



## Spicy Korean Beef and Broccoli Rice Bowl

with crispy rice noodles

NUTRITION per serving—Calories: 699, Carbohydrates: 67g, Fat: 31g, Protein: 35g, Sodium: 1208mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time  
**10-15 min.**

Cook Within  
**4 days**

Difficulty Level  
**Easy**

Spice Level  
**Mild**

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ❑ If using fresh produce, thoroughly rinse and pat dry

### Customize It Instructions

- If using **chicken breasts**, pat dry and, on a separate cutting board, cut into 1" dice. Season with a pinch of salt and pepper. Follow same instructions as Step 1, adding 2 tsp. olive oil and stir occasionally until chicken browns and reaches a minimum internal temperature, 5-7 minutes.
- If using **steak strips**, separate strips into a single layer. Season with pinch of salt and pepper. Follow same instructions as Step 1, adding 2 tsp. olive oil and stirring occasionally until no pink remains, 4-6 minutes
- If using **ground pork**, follow same instructions as Step 1, adding ¼ tsp. salt and a pinch of pepper, and break up with a spoon until no pink remains, 5-7 minutes.

#### Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Cook the Beef

- Place a large non-stick pan over medium-high heat. Add **ground beef** to hot pan and cook, breaking up meat, until no pink remains, 4-6 minutes.
- Stir in **Korean BBQ sauce**, **soy sauce**, and half the **sambal**. Taste, and add more sambal, if desired.
- Remove from burner. Transfer beef to a plate. Wipe pan clean and reserve.



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### Cook the Broccoli

- Cut **broccoli** into bite-size pieces, if necessary.
- Return pan used to cook beef to medium heat and add 2 tsp. **olive oil**. Add broccoli and ¼ tsp. **salt** to hot pan. Stir occasionally until tender, 5-7 minutes.
- While broccoli cooks, heat rice.



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### Heat the Rice

- Remove **rice** from packaging. Place rice in a microwave-safe bowl with 2 Tbsp. **water**. Cover with a damp paper towel. Microwave until warm, 2 minutes.
- Fluff rice with a fork. Season with a pinch of **salt**.



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### Finish the Dish

- Plate dish as pictured on front of card, topping **rice** with **beef** and **broccoli**, and garnishing with **crispy rice noodles**. Bon appétit!