



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°



1

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.



2

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.



3

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**.



4

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!