



DropChef Sticky Honey Pork Bulgogi Bowl

Juicy minced pork cooked in a rich Korean-inspired bulgogi sauce with soy, garlic, sesame and a touch of honey. Served over fluffy steamed rice, topped with fresh vegetables and sesame seeds for a delicious combination of sweet, savoury, sticky and umami flavours.

Nutritional Info

Calories: 441 kcal
Carbohydrates: 40 g
Protein: 34 g
Fat: 17 g

Ingredients

- Pork Mince
- Spring Onion
- Long grain brown rice
- Carrot
- Pak Choi
- Ginger Thumb
- Garlic Clove
- Soy sauce
- Honey
- White Mausü Peanut Rāyu
- Rice Vinegar

Your Pantry

- Olive Oil

Allergens

Wheat (Soy Sauce)
Soy (Soy Sauce, White Mausü)
Peanuts (White Mausü)
Sesame (White Mausü)
Sulphites (Rice vinegar)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Cook the rice

Add the rice to a saucepan of boiling water for 20 minutes then once cooked, drain.

2) Prepare the vegetables

Chop the spring onions into three, then thinly slice each section lengthways. Wash your pak choi, then pat it dry with kitchen paper and cut in half, separating the white bases and green tops. Grate the carrots. Combine the spring onions and carrots in a bowl with the rice vinegar. Set aside. Peel and grate the garlic. Finely grate the ginger (about ½ tsp of ginger per person).

3) Cook the pork

Heat a drizzle of oil in a frying pan over high heat. Add the pork mince and spread it into an even layer across the base of the pan so it makes good contact with the surface. Leave it undisturbed until the underside is well browned. Turn the pork over, then use a spoon or spatula to break it into smaller crumbles. Continue cooking until the meat is evenly browned and crisp around the edges before stirring in the garlic and ginger.

In a small bowl, combine the honey (half a pot per person) and ¾ of the soy sauce, (save the other ¼ for the pak choi) then pour the mixture over the browned pork. Stir everything together and continue cooking until the sauce reduces, becoming thick, glossy, and lightly caramelised.

4) Cook the pak choi

Remove the pork to a side plate and return the pan to the heat with a drizzle of oil. Add in the pak choi (white and green pieces) and stir fry for 1-2 minutes, before adding a splash of water and cook for a final 2 minutes (or until tender).

4) Serve the dish

Serve the bowls of rice topped with the mince. Spoon the pak choi and picked carrots and spring onion alongside. Top with the White Mausu Peanut Rāyu (chilli oil). Enjoy!



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