

Korean Bulgogi Beef with Rice & Stir-Fried Vegetables

Servings: 4

Prep Time: 15 minutes

Marinating Time: 2-12 hours

Cook Time: 10-15 minutes

Ingredients

For the Bulgogi Beef:

850g beef ribeye, sirloin, or flank steak, very thinly sliced

150g Korean Bulgogi Sauce (15-20% of meat weight)

1 tsp sesame oil (optional)

1 tsp sesame seeds & spring onions for garnish

For the Sides:

250 g jasmine or sticky rice

1 small carrot, julienned

1 small zucchini, sliced

Half bell pepper, sliced

1 clove garlic, minced

1 tsp soy sauce (for stir-fry)

1 tsp vegetable oil

Method

Ingredients

- | | | | |
|---|--|-------------|---------------|
| 1 | KOREAN BBQ SAUCE 3KG PAIL, SJ# MM12642 | 15.0% | 1,500 |
| 2 | BEEF STRIPS | 85.0% | 8,500 |
| | | 100% | 10,000 |

%	Example Batch (g)
15.0%	1,500
85.0%	8,500
100%	10,000

- Cover the meat evenly with the sauce. Place in a sealed container or zip bag and refrigerate for at least 2 hours, up to 12 hours.

Serving Suggestion



Remember you can buy all your Ingredients, Packaging, Sundries and Machinery at competitive prices at www.scobiesdirect.com

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