



Slow Cooker Korean Beef



Serves	Prep Time	Cooking	Total Time	Calories
4 people	15 minutes	5-6 hours	6 hours approx	640 kcal

Stuff that's in it:

- 1 Tbsp Oil (Rapeseed)
- 800G Stewing Steak (Cubed, Visible Fat Removed)
 - 1 Pack Baby Button Mushrooms (Whole)
 - 2 Tbsp Muscovado Sugar (Dark)
 - 60 Ml Soy Sauce
 - 1 Tbsp Rice Wine Vinegar
 - 20G Gochujang Paste
 - 2 Tbsp Garlic Cloves (Chopped)
- 2 Tbsp Fresh Ginger (Peeled, Chopped)
 - 2 Tsp Sesame Oil
 - 6 Spring Onions (Sliced)
 - 3-4 Mix Coloured Peppers (Cubed)
- 100G Carrots (Sliced Into Batons & Cubed)
 - 200Ml Water (Hot)
- 1 Tbsp Corn Flour (Made Ito A Slurry With A Dash Of Water)
 - 100G Curly Kale
 - Squirt Rapeseed Oil

- Dash Salt And Pepper (To Taste)
- Drizzle Sriracha (To Dress)
- Sprinkle Sesame Seeds (To Decorate)

What you do:

Start by browning your beef , heat a large pan, add a squirt of oil, add the beef cubes, mushrooms and fry for 2 minutes, then add the chopped spring onions (reserve some for later) and garlic, ginger and fry gently for a minute before adding the peppers (again reserve a few for later if you want some crunch) add the chopped carrots (reserve some for later if you like) then mix up and fry for another minute.

Add the Gochuang paste , sesame oil, rice wine vinegar and soy sauce and stir everything together , then add the sugar and allow to dissolve and incorporate to the sauce.

Remove from the heat , transfer to a slow cooker and add 200ml hot water. Mix well , add the lid and cook for 5-6 hours on high , or 8 on low

Toward the end of cooking , stir and add the extra veggies if you want more crunch , do this around 30 mins before serving , at the same time you can add the cornflour slurry and mix well, this dish does thicken up later.

Pre heat your cooker to 200c , spray the kale with rapeseed oil , add salt and pepper and use your fingers to massage , bake in a tray for around 3-5 minutes until crispy.

Add your noodles to a bowl from the packet (the ones I used from tesco are not dry) cover and microwave for 1-2 minutes until soft and use a fork to separate , you may need to do in batches or for longer in a bigger bowl refer to pack instructions if needed.

Add the noodles to a bowl , take a ladle of sauce and add some over the noodles , then spoon the meat and veg over , add the kale , top with spring onions , sesame seeds and a drizzle of sriracha.

Delish!

Nutrition

- Carbs: 68g
- Fat: 17g
- Protein: 49g
- Fibre: 8g
- Saturated Fat: 5g