

BULGOGI(ISH) BLADE

Time: 30 minutes

Serves: 4

Ingredients:

100g beef broth or water
100g soy sauce
70g brown sugar
15g rice vinegar
15g sesame oil
2g onion powder
2g ground white pepper
1g ground ginger
4 cloves garlic - finely chopped or grated
1kg boneless blade steak - cubed to 2cm
30g corn starch
40g water
Green Onion - Sliced for garnish

Preparation:

In your pressure cooker vessel, whisk together the broth, soy sauce, sugar, vinegar, sesame oil, onion powder, white pepper, ginger, and garlic.

Add the beef and toss to coat.

Seal the pressure cooker and cook at high pressure for fifteen minutes, beginning timer once full pressure is reached.

Safely vent the cooker and remove the lid.

In a small bowl, whisk together the water and corn starch.

Place the cooker on medium heat or set to sauté. Whisk in the corn starch mixture, stirring often until sauce is thickened.

Remove from heat and serve garnished with green onion.

Nutritional Information Per Serving:

Calories: 655 Fat: 38g Carbs: 7g Fibre: 0g Protein: 67g	Hand-Size Portion Guide Palms of Protein: 3 Fists of Vegetables: 0 Cupped Hands of Carbs: 0 Thumbs of fat: 0
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