

# Hungry Planet® Korean Beef with Vegetables

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	9.80 oz

## 1 SAUCE

Name of ingredient	Capacity measure	EP	Methods
Soy sauce, low sodium	~ 1 1/2 pt	1 lb 12.11 oz	<b>SAUCE</b> Combine soy sauce, brown sugar, sesame oil, sambal olek, minced garlic, and grated ginger. Reserve for step 3.
Brown sugar, packed	25 tbsp	0 lb 12.13 oz	
Oil, sesame	25 tsp	0 lb 4.01 oz	
Sambal Olek	12 1/2 tsp	0 lb 2.71 oz	
Garlic clove, finely minced	12 1/2 tsp	0 lb 1.25 oz	
Ginger root, raw	12 1/2 tbsp	0 lb 2.65 oz	
<i>Finely grated</i>			

## 2 VEGETABLE STIR FRY

Name of ingredient	Capacity measure	EP	Methods
Vegetable, stir fry blend	1.563 gal	5 lb 7.50 oz	<b>VEGETABLE STIR FRY</b> Heat a non-stick pan over medium high heat. Add vegetables and water. Cook until tender crisp, 3-5 minutes. Season with salt & pepper. Remove from pan.
Beverages, water, tap, municipal	12 1/2 tbsp	0 lb 6.25 oz	
Salt, kosher, Diamond Crystal	3 1/8 tsp	0 lb 0.31 oz	
Spices, black pepper, ground	~ 1 5/8 tsp	0 lb 0.12 oz	


### 3 ASSEMBLY

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Beef™	3 1/8 qt	6 lb 4.00 oz	<b>ASSEMBLY</b>

3

Add oil to the vegetable stir fry pan and heat until smoking.  
 Add crumbled Hungry Planet ground beef. Saute until browned, about 3-5 minutes.  
 Stir sauce into beef and heat thoroughly.  
 Add vegetables to the beef and mix, or serve beef and vegetables side-by-side.

### ALLERGENS

 SOYA

### WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	15 lb 5.02 oz	0 %	15 lb 5.02 oz	0 %	15 lb 5.02 oz
Size of portion	9.80 oz		9.80 oz		9.80 oz

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
<b>Fat</b>	<b>3.14 g</b>	<b>36.59 %</b>	<b>75.89 kcal</b>	<b>Salt</b>	<b>0.13 g</b>		
Saturated	0.26 g	3.00 %	317.55 kJ	Salt	0.13 %	Vitamins	
Monounsaturated	0.66 g	7.68 %	0.32 MJ	Sodium	217.31 mg	Vitamin A	6.70 µg
Polyunsaturated	0.71 g	8.23 %		Phosphorus	7.77 mg	Vitamin D	0.00 µg
Trans	0.00 g	0.00 %		Potassium	310.63 mg	Thiamine	0.02 mg
Cholesterol	0.00 mg			Iron	1.61 mg	Riboflavin	0.01 mg
Linolenic acid	0.70 g			Calcium	49.07 mg	Niacin	0.19 mg
Alpha-linolenic acid	0.08 mg			Zinc	0.05 mg	Vitamin B6	0.08 mg
<b>Carbohydrate</b>	<b>5.19 g</b>	<b>27.78 %</b>		Magnesium	4.28 mg	Vitamin B12	0.00 µg
Sugars	0.90 g	4.84 %		Iodine	0.00 µg	Folic acid	0.00 µg
Sugar	0.00 g			Selenium	0.01 µg	Vitamin C	29.10 mg
Lactose	0.00 g			Copper	0.03 mg	Vitamin E	0.16 mg
<b>Fibre</b>	<b>2.69 g</b>	<b>6.78 %</b>				Vitamin K	3.02 µg
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	37.98 g
Starch	0.00 g	0.00 %					
<b>Protein</b>	<b>8.10 g</b>	<b>43.34 %</b>					
<b>Alcohol</b>	<b>0.00 g</b>	<b>0.00 %</b>					