



PREP TIME : 5 MIN

COOK TIME : 20 MIN

SERVES : 4

Ingredients :

- ***2 tbsp (30 mL) vegetable oil***
- ***2 cups (500 mL) onion, finely sliced***
- ***1 cup (250 mL) red pepper, finely sliced***
- ***1 1/2 lb (675 g) top sirloin, trimmed of fat and sliced as thinly as possible***
- ***2 tbsp (30 mL) VH[®] Soya Sauce***
- ***1 bottle (355 mL) VH[®] Korean BBQ Sauce***
- ***1/2 cup (125 mL) green onions, finely sliced***

Directions :

- 1. In a large sauté pan heat 1 tbsp (15 mL) oil over medium-high heat, add onions and peppers and stir-fry for 7 minutes or until tender, remove from pan and set aside.***
- 2. Add remaining 1 tbsp (15 mL) oil (more if needed) to pan, add beef strips and stir-fry until browned well, about 12 minutes. Add VH[®] Soya Sauce, cook for one minute longer.***
- 3. Add peppers, onions and bottle of VH[®] Korean BBQ Sauce to the pan, heat through.***
- 4. Sprinkle with green onions and serve.***

Tip:

To keep the house cool in the summer months try cooking the Bulgi in a pan on the barbecue.



Bulgi