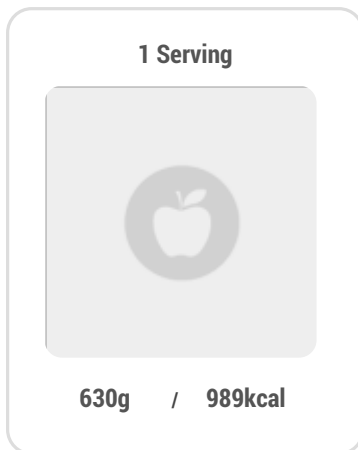


Recipe Ingredients ...	Quantity:	Description:
Rice, brown, wholegrain, boiled in unsalted water	210g	2.6x Small portion
Beef, rump steak, grilled, lean only	150g	1.5x average 5oz
Broccoli, green, boiled in unsalted water	60g	1x Small portion
Egg, fried in sunflower oil	60g	1x Average Portion
Cucumber, raw, flesh and skin	30g	4.3x slice
Tesco Traditional Pickled Onions 440G	20g	0x Pack
Ajumma Republic Kimchi Korean Pickled Cabbage 160g	20g	0.1x Per pack
Sainsbury's Black Sesame Seeds 100g	2.5g	0.3x per 10g serving
Sainsbury's Sesame Seeds 100g	2.5g	0.3x per 10g serving
Kewpie Mayonnaise 500g	30g	2.1x Per Serving (14g)
Santa Maria BBQ Sauce BBQ & Grill Korean Style 1000g	45g	0x Per pack

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Brown rice (33.3%), Beef (23.8%), **Eggs** (9.5%), Broccoli (9.5%), Santa Maria BBQ Sauce BBQ & Grill Korean Style 1000g (7.1%) [Water, Sugar, Red Chilli Pepper, Gochujang Paste (Red Chilli Pepper, Rice Flour, White Wine Vinegar, Sugar, Salt, Mirin (Rice Wine, Glucose Syrup), **Soybeans**, Water, Yeast Extract, **Wheat** Flour), Pineapple Juice, Lime Juice, Salt, Doenjang Paste (Water, **Soybeans**, Salt, Sugar, **Wheat** Flour), Rice Vinegar, Onion Puree, Ginger Puree, Roasted **Sesame** Oil, Garlic Puree, Modified Maize Starch, Acidity Regulator (Acetic Acid), Stabiliser (Xanthan Gum)], Cucumber (4.8%), Kewpie Mayonnaise 500g (4.8%) [Vegetable Oil (Rapeseed Oil, **Soybean** Oil) (70%), Pasteurised **Egg** Yolk (14%), **Vinegar** (**Barley** **Gluten**), Salt, Flavour Enhancer: E621, **Spices** (**Mustard**)], Ajumma Republic Kimchi Korean Pickled Cabbage 160g (3.2%) [Cabbage(87.3%), Radish, Red Pepper, Sugar, Salted Anchovy(Anchovy 75%, Salt 25%) **Fish**, Salted Shrimp(Shrimp 80%, Salt 20%) **Crustaceans**, Garlic, Leek, Ginger, Flavour Enhancer: E621], Tesco Traditional Pickled Onions 440G (3.2%) [Onion, Water, Spirit Vinegar, Salt, Malted **Barley** Extract, Flavouring, Preservative (Sodium **Metabisulphite**)], Sainsbury's **Sesame** Seeds 100g (0.4%) [**Sesame** Seeds], Sainsbury's Black **Sesame** Seeds 100g (0.4%) [**Sesame** Seeds]