

THE DINNER COLLECTION

Five nights. One thoughtful plan.

Korean Dinners for Two



Bulgogi bowls. Pork belly wraps. Sticky chicken skewers. Crispy mandu. Pear-soy beef patties.

Five complete menus, shared ingredients and a practical order of work. Designed for two people, one air fryer and an ordinary kitchen.

Includes five main recipes, simple sides, a consolidated shopping list, preparation plan and leftover guidance.

START HERE

What this pack does

Less deciding. More cooking.

- Each menu serves two with rice and vegetables. Adjust portions to your appetite.
- The five air-fryer recipes are adapted from Air Fry Pro; the paid value is the coordinated plan, quantities, sides and printable workflow. The website recipes remain free.
- These are Korean-inspired air-fryer adaptations, not a claim of traditional technique or independently kitchen-tested results. Images illustrate the dishes and are not evidence of testing.
- Cooking times are starting ranges, not guarantees. Basket size, food thickness and starting temperature change timing. Use the doneness checks.
- Allow extra time for shopping, chopping, preheating, marinating, chilling and multiple batches. Rice and sauces use the stove, rice cooker or microwave.

How to use your files

Read the menu on page 3. Check your pantry, then shop from pages 4-5. Start with the storage plan on page 6. Each dinner has an ingredient page, method page and kitchen sequence. The separate kitchen printables PDF is designed to stay beside you while cooking.

Keep a copy

Save both PDFs to your device after purchase. Your purchase is a one-time download for personal household use. For an access problem, contact purchase support through airfrypro.com/support with your Stripe receipt reference. Never send card details.

YOUR WEEK**Five dinners, in order**

Use the plan as a sequence, not a promise that raw ingredients keep for five days.

No.	Menu	Before you start
01	Bulgogi rice bowls	Marinate the beef for 1 hour in the refrigerator.
02	Samgyeopsal lettuce wraps	Buy pre-sliced pork belly, about 6 mm / 1/4 inch thick.
03	Dakkochi chicken skewers	Use four short metal skewers that fit the basket, or follow the manual for bamboo skewers.
04	Crispy mandu dinner bowls	Buy 400 g frozen mandu with air-fryer directions. Check whether the filling is raw or fully cooked.
05	Tteokgalbi-style beef patties	Use ground beef; these are an accessible adaptation of short-rib patties.

The shared pantry

Soy sauce, sesame oil, rice vinegar, garlic, rice and scallions do most of the work. Gochujang adds heat to two dinners; doenjang makes a quick dipping sauce. Mandu provides a lower-preparation night.

One basket, two people

Spread food in one layer. If a recipe does not fit, cook another batch and allow extra time. Keep cooked food separate from raw utensils and avoid leaving it at room temperature while you finish the meal.

DINNER 01 / INGREDIENTS

Bulgogi rice bowls

Pear-soy beef, warm carrots and crisp cucumber



Serves 2 | 400°F / 205°C | 10-14 minutes per batch

Main + sauce

340 g Thinly sliced beef sirloin

1 1/2 tbsp Soy sauce

1 1/2 tsp Toasted sesame oil

1 1/2 tsp Brown sugar

1 tbsp Mirin

1/2 whole Asian pear or apple

2 cloves Garlic

1/2 tsp Fresh ginger

1/8 tsp Black pepper

1/2 whole Yellow onion

1 whole Carrot

1 whole Scallions

1 tsp Toasted sesame seeds

Rice + side

150 g Dry short-grain rice

1/2 whole Cucumber

1 tbsp Rice vinegar

1/2 tsp Sugar

1/8 tsp Salt

DINNER 01 / METHOD

Cook the meal

Marinate the beef for 1 hour in the refrigerator.

01 Slice the onion and carrot thinly; grate the pear, garlic and ginger. Mix soy sauce, sesame oil, brown sugar, mirin, pear, garlic, ginger and pepper. Refrigerate the beef in this marinade for 1 hour. Keep it separate from ready-to-eat food.

02 Rinse the rice and cook with water according to the packet. Thinly slice the cucumber and toss with rice vinegar, sugar and salt. Refrigerate until serving.

03 Preheat the air fryer if its manual calls for it. Lift the beef from the marinade and discard the used liquid. Toss beef with onion, carrot and scallion. Spread in a thin, loose layer; split into batches if necessary.

04 Air fry at 400°F / 205°C for 6 minutes. Separate and turn the pieces, then cook for 4-8 minutes more as needed. Check the thickest beef pieces reach at least 145°F / 63°C, then rest for 3 minutes. Use a thin-tip thermometer suitable for the slices.

05 Divide rice between two bowls. Add beef and vegetables, drain the cucumber and place alongside. Finish with sesame seeds.

A note on the recipe

Adapted and portioned for this plan from airfrypro.com/recipes/air-fryer-bulgogi. Air-fryer settings and elapsed time vary.

DINNER 01 / KITCHEN SEQUENCE

Bring it together

A sequence you can follow without watching two timers at once.

- 01** Start the marinade at least an hour before cooking.
- 02** Start rice first; it can rest covered while the beef cooks.
- 03** Make the cucumber side while the air fryer heats.
- 04** Cook beef in uncrowded batches, then assemble the bowls.

If something is not going to plan

If the beef steams in a puddle, reduce the batch size and drain more marinade next time. Do not keep cooking thin beef just to chase a darker color.

Leftovers

Store rice, beef and cucumber separately. Reheat rice and beef to 165°F / 74°C; add the cold cucumber afterwards.

Refrigerate perishable food within 2 hours, or within 1 hour above 90°F / 32°C. Use refrigerated cooked leftovers within 3-4 days, or freeze.

Make it yours

Use the first cooking session to record your appliance setting, batch size and doneness time in the printable notes. Change one variable at a time on your next attempt.

REFERENCE

Cook safely. Store promptly.

Settings describe the air fryer. Internal temperatures describe the food. They are different measurements.

Food	Minimum internal endpoint
Chicken; mandu in this plan	165°F / 74°C, or the package instruction if higher
Ground-beef patties	160°F / 71°C
Whole-cut beef and pork	145°F / 63°C followed by a 3-minute rest
Reheated leftovers	165°F / 74°C

Measure at the center of the thickest piece, avoiding bone, the basket and hot metal. Use a thermometer with a suitable insertion depth for thin slices. Color, clear juices and crisp edges are not reliable substitutes.

Storage rules used in this guide

Refrigerate perishables within 2 hours, or 1 hour above 90°F / 32°C. Divide large amounts into shallow containers so they cool promptly. Store cooked leftovers for 3-4 days refrigerated, or freeze. Thaw meat in the refrigerator, not on the counter.

Sources and editorial notes

FoodSafety.gov: Safe Minimum Internal Temperatures

foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

FoodSafety.gov: Cold Food Storage

foodsafety.gov/food-safety-charts/cold-food-storage-charts

USDA FSIS: Leftovers and Food Safety

[fsis.usda.gov: Leftovers and Food Safety](https://fsis.usda.gov/Leftovers-and-Food-Safety)

Editorial edition: September 8, 2026. Recipes are adaptations for home cooking, not measured performance claims. No calorie or nutrition guarantees are made. Use the product instructions and your appliance manual when they differ from a suggested method.