



# Chicken Bulgogi

with stir-fried veg and jasmine rice

Calorie Smart Quick Cook 20-25 mins

12



Diced Chicken Breast



Jasmine Rice



Ginger



Garlic



Soy Sauce



Scallion



Mushrooms



Onion



Sesame Seeds



Ketjap Manis



Worcester Sauce

Pantry Items: Water, Salt, Oil, Pepper

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pan with lid, pot with lid

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Jasmine Rice	150 g	300 g
Ginger	1 unit	2 units
Garlic	2 units	4 units
Soy Sauce	1 sachet	2 sachets
Scallion	2 units	4 units
Mushrooms	125 g	250 g
Onion	1 unit	2 units
Sesame Seeds	1 sachet	2 sachets
Ketjap Manis	1 sachet	2 sachets
Worcester Sauce	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	404 g	100 g
Energy (kJ/kcal)	2284.5 kJ/ 546 kcal	565.5 kJ/ 135.1 kcal
Fat (g)	7.8 g	1.9 g
Sat. Fat (g)	1.7 g	0.4 g
Carbohydrate (g)	79.2 g	19.6 g
Sugars (g)	10.3 g	2.5 g
Protein (g)	40.5 g	10 g
Salt (g)	2.8 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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### Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Remove the pot from the heat and keep covered for another 12 mins or until ready to serve (the rice will continue to cook in its own steam).



### Fry the Veg

- Return the pan to high heat with a drizzle of **oil**.
- Once hot, fry the **onion** and **mushrooms** until softened, 4-5 mins, stirring occasionally.



### Get Prepped

- Meanwhile, halve, peel and thinly slice the **onion**.
- Quarter the **mushrooms**. Halve any larger quarters.
- Trim and thinly slice the **scallion**.
- Peel and grate the **garlic** and **ginger**.



### Cook the Chicken

- Add the **chicken**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.
- Stir in the **ginger, garlic, ketjap manis, soy sauce, Worcester sauce** and 25ml **water** (double for 4p).
- Cover and simmer for 8-10 mins.
- Season to taste with **salt** and **pepper**.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.



### Toast the Seeds

- Place a pan over medium heat (without oil).
- Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins.
- Remove from the pan and set aside.

**TIP:** Watch them like a hawk so they don't burn.



### Dish Up

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the **chicken** bulgogi.
- Garnish with sliced **scallion** and **sesame seeds**.

### Enjoy!