



# BBQ 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



BBQ Rub



Sesame Seeds

Pantry Items: Water, Salt, Oil, Pepper, Sugar



## Before you start

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

## Cooking tools you will need

Grater, Lid, Pot, Sieve

## 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	2 sachets	4 sachets
Scallion	1 unit	2 units
Mushrooms	250 g	500 g
Onion	1 unit	2 units
BBQ Rub	1 sachet	2 sachets
Sesame Seeds	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	448.5 g	100 g
Energy (kJ/kcal)	2230.8 kJ/ 533.2 kcal	497.4 kJ/ 118.9 kcal
Fat (g)	7.9 g	1.8 g
Sat. Fat (g)	1.6 g	0.4 g
Carbohydrate (g)	73.8 g	16.4 g
Sugars (g)	6.1 g	1.4 g
Protein (g)	42.4 g	9.5 g
Salt (g)	3.9 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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

- Boil a large pot of **salted water** for the **rice**.
- Once boiling add the **rice** and cook for 12-15 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

**TIP:** If you're in a hurry you can boil the water in your kettle.



### Get Prepped

- Meanwhile, halve, peel and thinly slice the **onion**.
- Roughly chop the **mushrooms**.
- Trim and thinly slice the **scallions**.
- Peel and grate the **garlic** and **ginger**.



### Toast the Seeds

- Place a pan over medium heat (no oil).
- Once hot, fry the **sesame seeds** until toasted, stirring regularly.
- Remove from the pan and Set aside.

**TIP:** Watch the sesame seeds closely so they don't burn.



### Marinate the Chicken

- In a large bowl, mix 2 tbsp **sugar** (double for 4p), the **ginger**, **garlic**, **soy sauce**, **BBQ rub** and half the **sesame seeds**.
- If you've got one, use a food processor to mix to a smooth paste.
- Mix the **chicken** through your marinade then allow to sit for 5-10 mins.



### Time to Fry

- While the **chicken** marinates, return your (now empty) pan to high heat with a drizzle of **oil**.
- Once **oil** is hot, fry the **onion** and **mushroom** until softened, 4-5 mins.
- Stir occasionally. Season with **salt** and **pepper**.
- Add the **chicken** and fry until golden brown and cooked through, 8-10 mins. Turn every 2-3 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- If required, add a splash of **water** to the pan to loosen.



### Dish Up

- Divide the **rice** between bowls and top with the **chicken bulgogi**.
- Season to taste with **salt** and **pepper**.
- Garnish with **scallions** and remaining **sesame seeds**.

**Enjoy!**