



Chicken Bulgogi

with stir-fried veg and jasmine rice

Family Quick Cook 20-25 mins

6



Diced Chicken Breast



Jasmine Rice



Ginger



Garlic



Soy Sauce



Scallion



Mushrooms



Onion



BBQ Rub



Sesame Seeds



Ketjap Manis

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	½ unit	1 unit
Garlic	2 units	4 units
Soy Sauce	1 sachet	2 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
Ketjap Manis	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	441 g	100 g
Energy (kJ/kcal)	2270.5 kJ/ 542.7 kcal	514.9 kJ/ 123.1 kcal
Fat (g)	7.9 g	1.8 g
Sat. Fat (g)	1.6 g	0.4 g
Carbohydrate (g)	77.5 g	17.6 g
Sugars (g)	10.4 g	2.4 g
Protein (g)	41.7 g	9.5 g
Salt (g)	2.6 g	0.6 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 **half the ginger** (double for 4p).



Toast the Seeds

- Place a pan over medium heat (no 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 the sesame seeds closely so they don't burn.



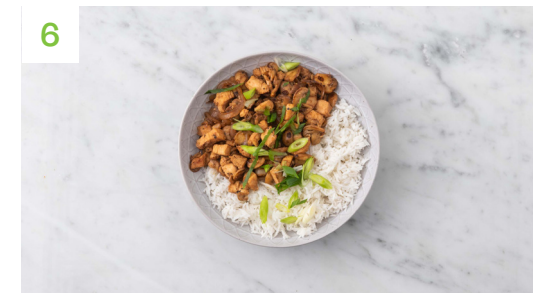
Marinate the Chicken

- In a large bowl, mix 2 tsp **sugar** (double for 4p) with the **ginger, garlic, ketjap manis, soy sauce, BBQ rub** and **half the sesame seeds**.
- If you've got one, use a food processor to mix into a smooth paste.
- Mix the **chicken** through your marinade then allow to sit for 5-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.



Time to Fry

- While the **chicken** marinates, return the pan to high heat with a drizzle of **oil**.
- Once **oil** is hot, fry the **onion** and **mushroom** until softened, 4-5 mins, stirring occasionally.
- 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 the sauce.
- Season to taste with **salt** and **pepper** if necessary.



Dish Up

- Divide the **rice** between bowls and top with the **chicken bulgogi**.
- Garnish with **scallions** and remaining **sesame seeds**.

Enjoy!