



Sesame Soy Baked Chicken Thighs with Stir-Fried Bulgogi Veg and Jasmine Rice

Stacey Solomon 20 Minutes • 1 of your 5 a day

15



Soy Sauce



British Chicken Thighs



Roasted White Sesame Seeds



Jasmine Rice



Garlic Clove



Pak Choi



Sliced Mushrooms



Coleslaw Mix



Bulgogi Sauce



British Chicken Breasts

Pantry Items

Oil, Salt, Pepper

Stacey ♥

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Stacey Solomon's Picks

We've teamed up with mum, presenter and HelloFresh fan Stacey Solomon to create a collection of delicious and speedy recipes.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, bowl, baking tray, saucepan, sieve, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Soy Sauce 11 13	15ml	25ml	30ml
British Chicken Thighs**	4	6	8
Roasted White Sesame Seeds 3	5g	7g	10g
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Pak Choi**	1	2	2
Sliced Mushrooms**	80g	120g	160g
Coleslaw Mix**	120g	240g	240g
Bulgogi Sauce 11	150g	200g	300g
British Chicken Breasts**	2	3	4

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	531g	100g	491g	100g
Energy (kJ/kcal)	3568 / 853	672 / 161	2693 / 644	548 / 131
Fat (g)	32.0	6.0	9.3	1.9
Sat. Fat (g)	8.3	1.6	1.7	0.3
Carbohydrate (g)	90.7	17.1	90.9	18.5
Sugars (g)	27.1	5.1	27.3	5.6
Protein (g)	50.9	9.6	47.8	9.7
Salt (g)	3.26	0.61	3.18	0.65

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **11**) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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1 Prep the Chicken

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

b) Put the **soy sauce** into a medium bowl.

c) Add the **chicken thighs** to the bowl and coat evenly.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you've chosen **chicken breast**, sandwich each **breast** between two pieces of baking paper. Pop onto a board and bash with a rolling pin until they're 1-2cm thick, then add to the bowl of **soy sauce**.



4 Get Frying

a) While the rice cooks, peel and grate the **garlic** (or use a garlic press).

b) Trim the **pak choi**, then thinly slice widthways.

c) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

d) Once hot, add the **sliced mushrooms** and fry for 2 mins.



2 Ready, Steady, Bake

a) Lay the **chicken thighs** on a large baking tray, drizzle with **oil** and spoon over any remaining **soy** from the bowl.

b) Sprinkle the **sesame seeds** over the **chicken**.

c) When the oven is hot, roast on the middle shelf until browned and cooked through, 12-15 mins.

IMPORTANT: The chicken is cooked when no longer pink in the middle.

CUSTOM RECIPE

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Fry the **chicken**, 3-4 mins each side. Once browned, roast, 8-10 mins.



5 Add the Sauce

a) Add the **coleslaw mix** and **pak choi** to the **mushrooms**, with a drizzle more **oil** if needed.

b) Stir-fry until the **veg** has softened, 3-4 mins.

c) Stir in the **garlic** and **bulgogi sauce**, then bring to the boil and simmer for 1 min.

d) Remove from the heat.

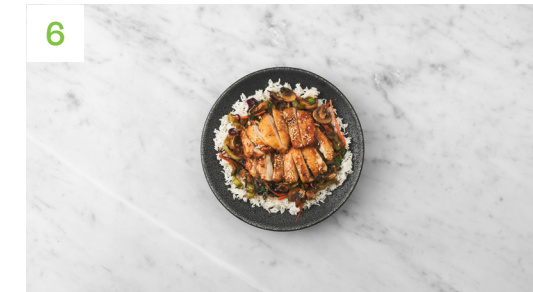


3 Cook the Rice

a) Meanwhile, pour the **boiling water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat.

b) Add the **rice** and cook for 12-13 mins.

c) Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



6 Finish and Serve

a) Once the **chicken** is cooked, slice thinly and add to the pan with the **veg**, along with any **soy glaze** from the tray. Toss to combine.

b) Fluff up the **rice** with a fork and spoon into your bowls.

c) Top with the **bulgogi veg** and **sesame soy baked chicken**.

Enjoy!