









# Easy Peasy Bulgogi-Gochujang Chicken

## with Jasmine Rice and Sesame Seeds

7

**Super Quick** 15 Minutes • **Very Hot** • 1 of your 5 a day



-  Diced British Chicken Thigh
-  Sliced Mushrooms
-  Jasmine Rice
-  Coleslaw Mix
-  Gochujang Paste
-  Bulgogi Sauce
-  Roasted White Sesame Seeds
-  Diced British Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper

↔ **Swap to Chicken Breast**

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



Super speedy, this Easy Peasy Bulgogi-Gochujang Chicken takes only 15 minutes to make. The popular Korean condiment gochujang contains chillies, fermented soybeans and glutinous rice which give it its savoury-sweet flavour, while bulgogi contains black bean puree, brown sugar and pear puree for a sweet and smoky flavour.

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Kettle, frying pan and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Thigh**	240g	390g	480g
Sliced Mushrooms**	80g	120g	180g
Jasmine Rice	150g	225g	300g
Coleslaw Mix**	120g	180g	240g
Gochujang Paste <b>11)</b>	60g	90g	120g
Bulgogi Sauce <b>11)</b>	100g	150g	200g
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g
Diced British Chicken Breast**	240g	390g	480g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	413g	100g	413g	100g
Energy (kJ/kcal)	2748 / 657	666 / 159	2487 / 595	603 / 144
Fat (g)	17.3	4.2	7.2	1.7
Sat. Fat (g)	4.4	1.1	1.4	0.3
Carbohydrate (g)	88.8	21.5	88.5	21.5
Sugars (g)	25.4	6.1	25.4	6.1
Protein (g)	37.9	9.2	40.8	9.9
Salt (g)	3.03	0.73	2.96	0.72

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

## Allergens

**3)** Sesame **11)** Soya

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.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## Get Started

- Boil a half-full kettle.
- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken** and **mushrooms**, 6-8 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat.

↔ Swap to Chicken Breast

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Add Flavour

- Add the **coleslaw** to the **chicken**.
- Stir-fry, 2-3 mins. **IMPORTANT:** Cook so there's no pink in the middle of the chicken.
- Stir in the **gochujang**, **bulgogi** and **water** (see pantry). Simmer, 1-2 mins.



## Rice Time

- Meanwhile, pour the **boiled water** into a saucepan with  $\frac{1}{4}$  **tsp salt** on high heat.
- Boil the **rice**, 12-13 mins.
- Once cooked, drain, pop back in the pan and cover.



## Dinner's Ready!

- Share the **rice** between your bowls.
- Taste and season the **chicken** with **salt** and **pepper** if needed. Spoon over the **rice**.
- Sprinkle over the **sesame seeds**.

## Enjoy!