



Bulgogi Chicken Udon Stir-Fry

with Green Beans and Sesame Seeds

Quick 20-25 Minutes • 1 of your 5 a day

15



Diced British Chicken Thigh



Green Beans



Carrot



Garlic Clove



Bulgogi Sauce



Soy Sauce



Udon Noodles



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!



Ready in less than 25 minutes, this Bulgogi Chicken Udon Stir-Fry has it all. A popular Korean condiment, bulgogi sauce has a sweet and smoky flavour, thanks to its mix of black bean puree, brown sugar and pear puree.

Before you start

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

Cooking tools

Frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Thigh**	240g	390g	520g
Green Beans**	150g	225g	300g
Carrot**	1	1	2
Garlic Clove**	2	3	4
Bulgogi Sauce 11	100g	150g	200g
Soy Sauce 11 13	25ml	37ml	50ml
Udon Noodles 13	220g	330g	440g
Roasted White Sesame Seeds 3	5g	7g	10g
Diced British Chicken Breast**	240g	390g	520g
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	467g	100g	467g	100g
Energy (kJ/kcal)	2237 / 535	479 / 115	1976 / 472	423 / 101
Fat (g)	17.7	3.8	7.5	1.6
Sat. Fat (g)	4.3	0.9	1.4	0.3
Carbohydrate (g)	55.1	11.8	54.9	11.8
Sugars (g)	21.2	4.5	21.2	4.5
Protein (g)	40.0	8.6	42.9	9.2
Salt (g)	4.05	0.87	3.98	0.85

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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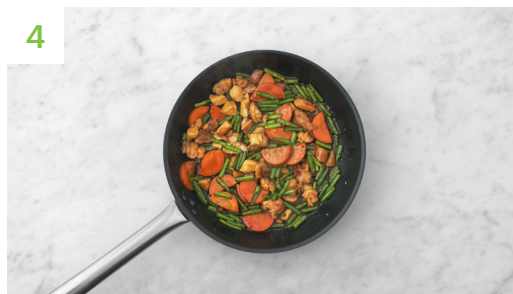


1 Fry the Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken**. Season with **salt** and **pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

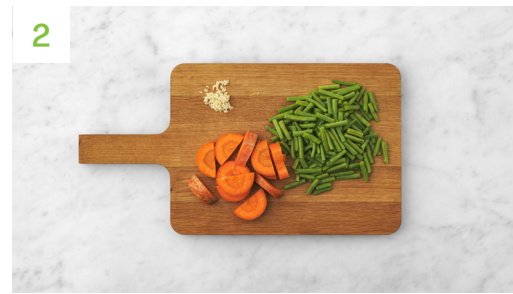
↔ Swap to Chicken Breast

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



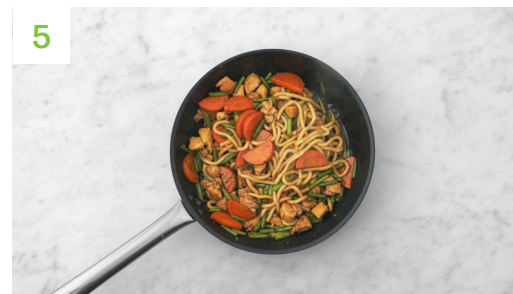
4 Flavour Time

- Stir the **bulgogi**, **soy** and **water for the sauce** (see pantry for amount) into the pan until combined.
- Bring to the boil, then lower the heat and simmer until the **sauce** has thickened slightly, 2-3 mins.



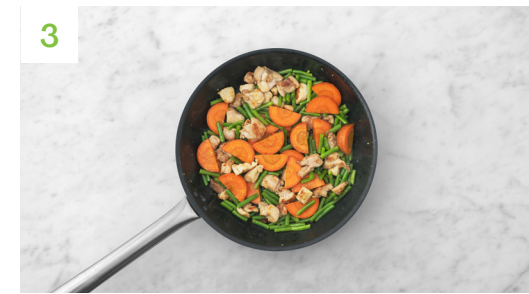
2 Prep the Veg

- Meanwhile, trim the **green beans**, then cut into thirds.
- Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into pieces about 1cm thick.
- Peel and grate the **garlic** (or use a garlic press).



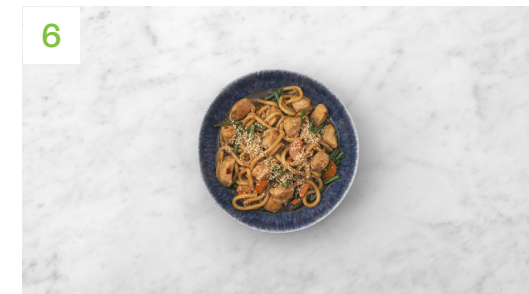
5 Add the Udon

- Add the **udon noodles** to the pan.
- Toss to coat, using a fork to gently separate them. Simmer until piping hot, 1-2 mins.
- Add a splash of **water** if you feel it needs it.



3 Get Stir-Frying

- Once the **chicken** has cooked for 4-5 mins, add the **green beans** and **carrot** to the pan.
- Stir-fry for the remaining time until tender, 4-6 mins.
- Stir in the **garlic**. Fry for 1 min.



6 Serve Up

- Share the **chicken noodle stir-fry** between your bowls.
- Sprinkle over the **sesame seeds** to finish.

Enjoy!