



Bulgogi Chicken Udon Noodles

with Green Beans and Sesame Seeds

Calorie Smart 20-25 Minutes • 1 of your 5 a day • Under 650 Calories

24



Diced Chicken Thigh



Green Beans



Carrot



Garlic Clove



Bulgogi Sauce



Soy Sauce



Udon Noodles



Roasted White Sesame Seeds



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

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

Happy cooking!

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 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 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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	467g	100g	467g	100g
Energy (kJ/kcal)	2210 / 528	473 / 113	1949 / 466	418 / 100
Fat (g)	17.7	3.8	7.5	1.6
Sat. Fat (g)	4.3	0.9	1.4	0.3
Carbohydrate (g)	54.1	11.6	53.8	11.5
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, 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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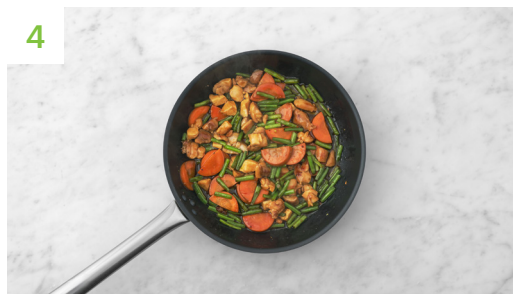


Fry the Chicken

- 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.

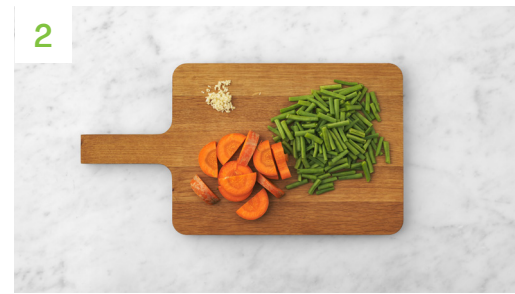
CUSTOM RECIPE

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



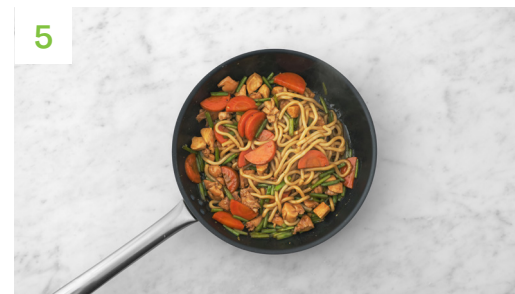
Flavour Time

- Stir the **bulgogi**, **soy sauce** 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.



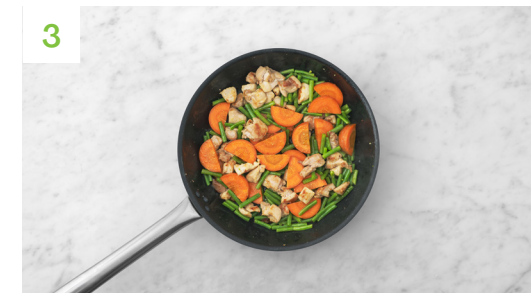
Prep the Veg

- 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).



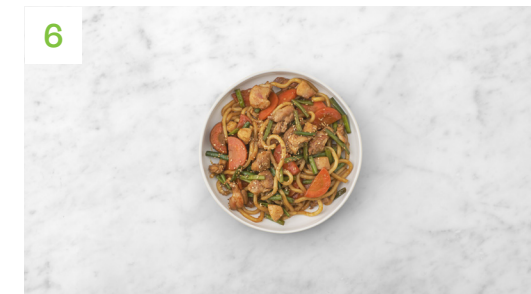
Add the Udon

- 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.



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.



Serve Up

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

Enjoy!