



# One Pan Bulgogi Chicken Udon

with Green Beans and Sriracha Drizzle

Family 20-25 Minutes • Mild Spice • 1 of your 5 a day

11



Diced British Chicken Breast



Green Beans



Carrot



Garlic Clove



Bulgogi Sauce



Soy Sauce



Udon Noodles



Sriracha Sauce



Ready in less than 25 minutes, this One Pan Bulgogi Chicken Udon 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.

#### Pantry Items

Oil, Salt, Pepper, Sugar



## 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

Frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Breast**	240g	390g	520g
Green Beans**	150g	225g	300g
Carrot**	1	1	2
Garlic Clove**	2	3	4
Bulgogi Sauce <b>11</b>	100g	150g	200g
Soy Sauce <b>11</b> <b>13</b>	25ml	37ml	50ml
Udon Noodles <b>13</b>	220g	330g	440g
Sriracha Sauce	15g	22g	30g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1911/457	413/99
Fat (g)	5.9	1.3
Sat. Fat (g)	1.1	0.2
Carbohydrate (g)	57.4	12.4
Sugars (g)	23.7	5.1
Protein (g)	40.1	8.7
Salt (g)	4.14	0.90

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

## Allergens

**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.

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

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## 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.



## Flavour Time

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



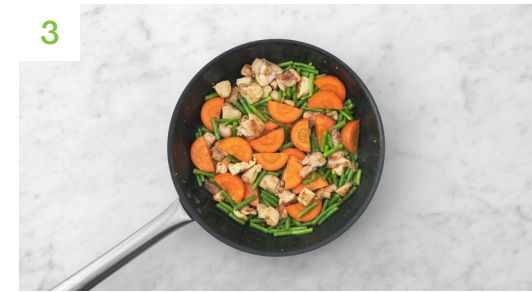
## Prep the Veg

- Meanwhile, trim the **green beans**, then cut into thirds.
- Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into pieces about ½cm 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.
- Drizzle over the **sriracha** to finish.

Enjoy!