

Bulgogi Burger and Sticky BBQ Chicken

with Asian Style Slaw and Sesame Wedges

BBQ FEAST 30 Minutes • Little Heat • 1 of your 5 a day

















Soy Sauce



Skin-on Chicken Thigh





Carrot





Baby Gem Lettuce



Sesame Seeds



Burger Bun



Mayonnaise

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools, you will need:

Mixing Bowl, Two Baking Trays, Peeler and Frying Pan.

Ingredients

	2P	3P	4P
Panko Breadcrumbs 13)	25g	25g	50g
Bulgogi 11)	1 small sachet	1 large sachet	2 small sachets
Beef Mince**	240g	360g	480g
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Honey	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	2 sachets	3 sachets	4 sachets
Skin-on Chicken Thigh**	4	6	8
Potato**	1 small pack	1 large pack	2 small packs
Carrot**	1	2	2
Radish**	1 small bag	1 large bag	2 small bags
Baby Gem Lettuce**	1	2	2
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Burger Bun 8) 11) 13)	2	3	4
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Water for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
*Not Included ** Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	892g	100g
Energy (kJ/kcal)	6142/1468	689/165
Fat (g)	76	9
Sat. Fat (g)	17	2
Carbohydrate (g)	125	14
Sugars (g)	36	4
Protein (g)	74	8
Salt (g)	5.66	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

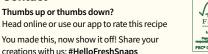
3) Sesame 8) Egg 9) Mustard 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

You made this, now show it off! Share your creations with us: #HelloFreshSnaps



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

You can recycle me!



Packed in the UK



1. Prep the Meat

Preheat your oven to 200°C. Put the panko breadcrumbs and half the Bulgogi sauce in a large bowl. Season well with salt and pepper and add **beef minc**e. Mix with your hands until very well combined. Shape the **mixture** into **burgers** about 2cm thick, 1 per person. Pop the burgers on a plate. **IMPORTANT:** Remember to wash your hands after handling raw meat. In a large bowl mix together the olive oil (see ingredients for amount) honey and half the soy sauce. Add the **chicken thighs** and turn them over and over in the **mixture** until well coated. Cover and set aside. **IMPORTANT:** Wash your hands after handling raw chicken.



4. Cook the Chicken

If you're using the oven to cook the **chicken**, lay the **thighs** on a baking tray skin side up and drizzle on the remaining **marinade** from the bowl. Roast in the oven until crisp and sticky, 20-25 mins. You can also do this on the BBQ. IMPORTANT: The chicken is cooked when it is no longer pink in the middle.



2. Sesame Wedges

Chop the potatoes into 2cm wide wedges (no need to peel!). Pop the wedges on a large baking tray in a single layer. Drizzle with oil, sprinkle on half the sesame seeds, then season with salt and pepper. Toss well to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. TIP: Use two baking trays if necessary, you want the potatoes nicely spread out.



3. Prep the Salad

Meanwhile, make carrot ribbons. Peel and trim the carrot. Use a vegetable peeler to peel long ribbons from all sides of the length of the carrot. Stop when you get to the **carrot** center. Thinly slice the radish. Trim the root from the baby gem lettuce and reserve 1 leaf per person. Thinly slice the remaining baby gem lettuce widthways. Heat a large frying pan over medium heat (no oil!) Once hot, add the remaining **sesame seeds** and cook, stirring, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Remove from the pan and set aside for later.



5. Cook the Burger

If you are cooking your **burgers** in a pan, heat a drizzle of **oil** in a large frying pan on medium high heat. Once the oil is hot, lay in the burgers and cook until browned on each side and cooked through, 12-15 mins total. Turn them every 3-4 mins, reducing the heat if necessary. You can also BBQ the burgers if you want. IMPORTANT: The burgers are cooked when no longer pink in the middle.



6. Serve Up

Once everything is nearly ready, halve the burger **buns** and pop them in the oven to warm through for a couple of mins, or pop them on the BBQ to char for a minute instead! Meanwhile, in a small bowl, mix half the mayo and remaining bulgogi with water (see ingredients for amount), and season with salt and pepper. Pop the carrot, sliced **lettuce** and **radish** in a large serving bowl, drizzle with the bulgogi mayo dressing and sprinkle with the toasted sesame seeds. Toss together. Mix the remaining mayo and soy, in a small bowl and spread on the bottom **bun** of each **bun**. Add the reserved gem lettuce leaf. Top with the burger and the bun lid. Serve the bulgolgi burger, 2 sticky **chicken thighs** per person and **salad** with the wedges alongside.

Enjoy!